





# Hello

Welcome to our fifth edition of woman&home's Feel Good Food Christmas! It doesn't seem that long since our launch, and with our growing gang of happy subscribers, you are obviously enjoying reading it as much as we love putting it together.

Our unique mix of gorgeous photography, delicious recipes and sensible yet achievable advice on eating well seems to be hitting the spot. This year we have

more of your favourite cooks than ever before, including a recipe from Nigel Slater's new book, plus Jamie, Nigella, James Martin and more besides. We hope we've ticked all the Christmas cooking boxes, with culinary inspiration for Christmas lunch for meat-lovers and vegetarians alike, great ideas for parties, fabulous puds and some knockout festive baking treats as well as gifts to make for food-lovers. So if you are new to Feel Good Food, make sure you don't miss an issue with our fantastic subscription offer on page 78.

The Feel Good Food team wish you all a very happy, tasty Christmas!



for our symbols, which will give you useful information at a glance:

FEEL

GOOD

Recipes that are suitable for vegetarians

PLUS recipes that are:



EASY

PREPARE AHEAD

**FREEZABLE** 

Jane Curran,

Food Editor, woman&home

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#### Practical stuff

- -!- We use measuring spoons and all quantities are level.
- ---- All eggs are free-range.
- -!- Use metric or imperial weights and measures; don't mix the two.
- -I- We don't specify salt and pepper in our ingredients' list, but we always tell you to season food. The use, or not, of salt is up to you.
- + Each recipe is nutritionally analysed. The Recommended Daily Amount (RDA) is 2,000 calories for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).
- + Ovens vary in temperature, so you may want to invest in an oven thermometer.
- The size of a cake is measured on the diameter on the base of the tin.
- + Cakes are better if you bake them on non-fan.
- -!- We always use humanely reared meat, poultry and game in our recipes.

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# Meet our professionals...



#### Jamie Oliver

Jamie Oliver was "discovered" while he was working for Rose Gray and Ruth Rogers at London's popular River Café.

From his early days as The Naked Chef, Jamie's rise has been nothing short of meteoric. He's now a national icon, revered for his school dinners campaign - bullying the Government into changing the way our kids eat - and encouraging us all to eat more healthily. He has gained admiration for his Fifteen restaurants, where he hires underprivileged youngsters and turns a fair chunk of them into chefs. Later, he launched the restaurant chain, Jamie's Italian. His latest book is Jamie's 30-Minute Meals, where he proves that by mastering a few tricks and being organised, it is possible to get a complete meal on the table in the same amount of time you'd spend making one dish. Jamie is married to Jools and they have four children.



#### Bill Granger

Bill Granger has always loved food. One of Australia's leading food writers and restaurateurs, he has a simple approach to cooking.

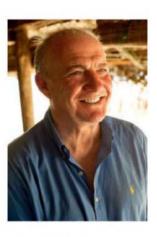
Born in Melbourne, Bill is a self-taught cook who gained his knowledge from eating, reading and experiencing food. He moved to Sydney when he was 19 and by 22 had opened his first restaurant, called bills. On the back of its success, he opened a second three years later and now has three Sydney restaurants, all favourite destinations with locals and tourists alike. Currently living in London with his wife and their three daughters, plans are under way to open a restaurant in London. His cookbooks have all been bestsellers, and his latest Bill's Basics brings together 100 of his favourite recipes, but with a modern twist that brings them right up to date.



#### Rachel Allen

Rachel Allen was brought up in Dublin and, at the age of 18, left to study at the prestigious Ballymaloe Cookery School.

She is now a busy TV chef, bestselling author, journalist and mother, and still teaches at Ballymaloe. Rachel's style of cooking is approachable and easy-to-follow, but above all practical - simple but delicious food, ideal for family and friends, with regional and global influences. In Rachel's latest book, Entertaining At Home, she shows how easy and stress-free entertaining can, and should, be - whether you prepare a few nibbles for friends, a delicious curry, or get out your best china for a fabulous three-course dinner. Rachel lives in County Cork with her husband, their two sons and daughter. See her at the Love Cooking Festival (see page 104) where she'll be cooking and sharing her inspiration for dishes, as well as her love of food.



#### Rick Stein

Rick Stein OBE is passionate about cooking and serving fish, and a firm supporter of local producers.

There's not much the chef and restaurateur doesn't know about fish, and he's inspired many of us to be more adventurous when cooking with seafood. After running a nightclub in the fishing port of Padstow, Cornwall, he turned to cooking, and opened a restaurant specialising in freshly caught local produce. Rick now runs four restaurants, a delicatessen, a patisserie, a seafood cookery school, plus 40 guest bedrooms in Padstow. He's committed to the quality of food and is a patron of the Marine Stewardship Council, which promotes sustainable fishing practice. Rick's latest book, Far Eastern Odyssey, which accompanied the BBC TV series, follows his journey from Cambodia to Bangladesh as he samples and cooks local recipes. Rick divides his time between Padstow and Sydney, Australia.



#### Nigel Slater

One of our national treasures and most talented food writers, Nigel began cooking at an early age, in his home town, Wolverhampton.

His dedicated fans will tell you he has a rare gift of writing about food that makes you immediately want to get into the kitchen and cook - you can almost eat his food off the page. He has been Observer Magazine's food writer since 1993, when his first book, Real Fast Food, was published. Several bestselling books followed, along with numerous awards, including the prestigious Glenfiddich Award for his autobiography, Toast, which has been made into a 90-minute film for BBC1. Series two of Simple Suppers returns to our screens soon. His latest books are Tender Volume I: A Cook And His Vegetable Patch and Tender Volume II: A Cook's Guide To The Fruit Garden, which includes 300 wonderful recipes, from jam to pork chops and cider, all celebrating fruit. Nigel lives in north London.



#### Annie Bell

Annie Bell is an award-winning cookery writer and author of 12 books, including the Gorgeous series.

Annie started out with no training and became the chef at Books For Cooks in Notting Hill. She went on to work at Kensington Place and ran a vegetarian catering business before she began writing, being named Guild of Food Writers' Cookery Writer of the Year in 2003. She spent several years as cookery writer for Vogue and currently writes for the Mail On Sunday's You magazine. Annie encourages us all to use food that is in season, and to get to know our local producers. Her books include Annie Bell's Vegetable Book, Evergreen, The Camping Cookbook and Soup Glorious Soup. Gorgeous Christmas is a pared down guide to getting ahead at this hectic time of year, covering everything from snacks to big splash suppers. Annie lives in France with her husband and two children.



#### James Martin

James Martin presents
BBC1's Saturday Kitchen, and
has also appeared in shows
including The Great British
Village Show and Strictly
Come Dancing.

His cooking career began at a young age, when his father ran the catering at Castle Howard in Yorkshire. After spending time in France and aged just 21, James became head chef of the bistro at the first Hotel du Vin in Winchester, where the waiting list for a table stretched into months. Now he has fingers in many pies, including consultancy work, his own kitchen company, a line of electrical kitchen equipment with Wahl and a range of cookware for Denby. He's also the name behind a couple of cruiseliner restaurants. James has written ten cookbooks, including Great British Dinners and James Every Day: The Essential Collection. His latest, My Kitchen, is packed full of tasty everyday meals. You can also see James at the Love Cooking Festival.



#### Nigella Lawson

The original "domestic goddess", Nigella became a household name in 1998 with her book *How To Eat*.

Renowned for her sexy, finger-lickin' style, she now has the "Delia ability" to make stores sell out of her recommended products. Her recipes are fun, great-tasting and straightforward. "Cooking is not about just joining the dots, following one recipe slavishly and then moving on to the next. It's about developing an understanding of food," she says. Nigella has written eight cookbooks, including How To Be A Domestic Goddess, Feast: Food That Celebrates Life and Nigella Express. Kitchen: Recipes From The Heart Of The Home is her latest and supplies you with all the necessary skills to satisfy all your indulgent food cravings. Nigella has two children, Mimi and Bruno, and is married to Charles Saatchi. She lives in London.

# A dish for every occasion

Whether you need a new idea for a show-off menu, a bit of a change for Sunday lunch or help to reinvent midweek meals, look no further!





#### 3 easy menus

We've done all the hard work for you, making dinner-party planning so much easier – simply choose one of our three fabulous menu ideas:

- Jamie Oliver's Pork terrine
- + Roasted Squash with goat's cheese
- + Pear, almond and cardamom tart
  - + Smoky bacon and lentil soup
  - + Proper fish pie (see far right)
  - Cranberry and apple jelly
  - + Roasted cherry tomato and pepper bruschetta
    - + Middle Eastern lamb
  - + Nigel Slater's Apfelstrudel

# Meat-free inspiration

- + Annie Bell's Baked squash with wild mushrooms, apple and chestnuts
  - + Freezer greens risotto
  - + Beetroot, savoy cabbage and
  - + Spinach, ricotta and tomato tart
  - + Individual mushroom and
    - Taleggio tarts (see left)
- + Tarte tatin of root vegetables with pine nuts

#### RECIPE IDEAS

## Something sweet to eat

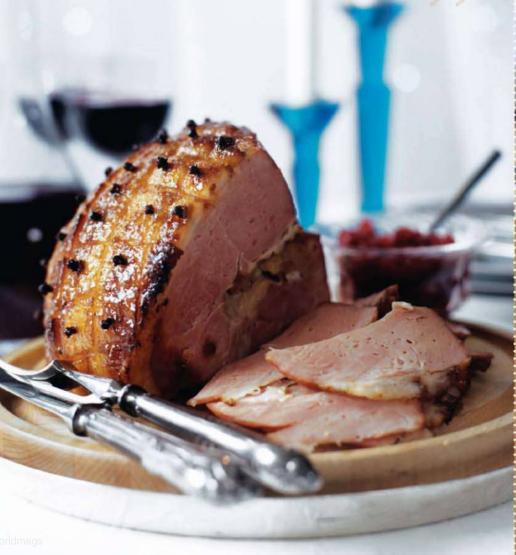
- + Chocolate and orange brioche pudding (right)
- + Pomegranate and rose water pavlova
  - + Sticky toffee cake
  - + Homemade vanilla ice cream
  - + Rachel Allen's Upside-down cranberry cake
    - + Chocolate truffle cake



## Supper in under 40 minutes

- + Spaghetti with olives and crispy capers
  - + Crab and grapefruit salad
  - + Bill Granger's Steamed fish with chilli dressing
  - + Smoked salmon with horseradish and chicory
    - + Beans and meatballs
    - + Creamy cauliflower soup

All our recipes have been tested in the woman&home kitchen and are easy to recreate at home – so get cooking!





### Great ideas for a buffet

- + Glazed Gammon Roast (see left)
  - + Smoked salmon kedgeree
    - + Stilton tart
    - + Jewelled salad
    - + Whisky trifle
- + Nigella Lawson's Ed's victorious turkey hash
- + Citrus and fig fruit salad (top left)

# What's in season?

The latter months of the year bring earthier flavours to the table, flavours that lend themselves to a British winter for comforting stews and mash, fruit crumbles and, of course, Christmas feasts



#### Fruit

The berries have gone, but we now have top British fruit, and imported options.

#### + APPLES

Bramley, Russet and Cox are all still around – perfect for pies, puddings and crumbles, or in apple cake for teatime. You can also use them for savoury sauces and chutneys to accompany roast pork or ham.

#### + PEARS

You should find Concorde, Comice and Conference, which will also be lovely in puds, or really come into their own on a cheeseboard. Pair them with salty blue cheeses and a drizzle of honey for a show-stopping finale to supper.

#### + CLEMENTINES

Imported from Spain, Morocco and other parts of North Africa, we love finding these in our stockings! Always have a bowl on the table as an antidote to overindulgence, or segment and use in trifles, or toss in a sugar syrup and liqueur to go with ice cream.

#### + MEDJOOL DATES

Originally from Morocco, dates are the classic Christmas food. Serve on your cheeseboard (bizarrely, they're lovely with blues), or stir into Middle Eastern casseroles. They're also an essential ingredient in sticky toffee pudding – the perfect winter warmer.

#### + CRANBERRIES

Ruby red and incredibly festive, these are at their best when cooked. Leave them raw to decorate a cake or pudding – but don't eat them – they're incredibly bitter! Try simmering them in a sugar syrup until they're soft and collapsing, then spoon over a spiced sponge cake for a Christmassy pud.

#### Vegetables

Roots and hardy brassicas are plentiful – and full of healthy antioxidants.

#### + BEETROOT

One of our favourite roots. Enjoy it raw, grated over smoked salmon or venison, or cooked and puréed with horseradish and a touch of lemon to go with beef. We love it roasted in oil and sea salt, and eaten as a side dish with a Sunday joint.

#### + JERUSALEM ARTICHOKES

These knobbly cousins of the globe artichoke have a similar flavour. They are fab peeled and thinly sliced, then deep-fried like crisps. Or try simmering them with cream, onions, garlic and a grating of nutmeg, then purée and serve with seared duck breasts.

#### + SQUASH AND PUMPKIN

We can't get enough of these when roasted, and they work really well with punchy Asian, Spanish and Middle Eastern flavours. Try blending them into soups with homemade Thai curry paste, or parboil them, then pan-fry with chorizo, onions and chickpeas and scatter with a handful of chopped parsley before seving.

#### + CAULIFLOWER

This humble brassica is underrated! Not only does it make a lovely veg side dish, but it's perfect in a veggie curry or a warm salad, tossed with capers, anchovies and roasted peppers.

#### + SPROUTS

Don't write off this festive underdog – just make sure you cook it properly! Leave them whole (don't criss-cross), boil for a couple of minutes, then toss in a hot wok with melted butter, plenty of sugar and salt, almonds and rosemary. They are also very good raw, shredded in a Christmas coleslaw.

#### + LEEKS

Leeks and butter are a match made in heaven. Sauté them lightly, then stir into the white sauce for a fish pie, or combine with blue cheese or feta in a tart for a buffet. You can also roast them in the oven.

#### FRESH FOOD SHOPPING

You'll find the best of the season's produce from farmers' markets or specialist websites, so take the time to plan what you'll need – you'll be glad you did! One of our favourite food websites is natoora.co.uk – they pick the very best from England, France and Italy and deliver it spankingly fresh to your door. It's like a toy shop for foodies!

#### + CELERIAC

More delicate than celery, celeriac is perfect roasted until caramelised and soft. You can add it to warm salads, use as a side dish, or simmer it in soups with beetroot, carrots or potatoes. It also makes a delicious purée with some half-fat crème fraîche.

#### Meat, fish and more

Great British produce is still in abundance at this time of year.

#### + GAME

Rich in flavour and completely free range, game birds are a perfect choice for a special supper. Lean venison is also delicious at the moment. Wrap a loin of it in pancetta, to keep it moist, roast and serve with a Madeira sauce.

#### + PORK

Pork is delicious in the winter, so make the most of it – either a cheaper shoulder simmered in a casserole heavy with wine and rosemary, or a pan-cooked chop with a rich mustardy sauce. Please *do* always buy British free range though – our welfare standards are the highest in Europe, and the taste is incomparable.

#### + SHELLFISH

Shellfish is at its glorious best right now so why not serve oysters as a chic Christmas Day starter? They need nothing more than a squeeze of lemon to dress them up. Scottish shores are also delivering the best langoustines and lobsters with a flavour, which more than makes up for the price tag.



"I SEE FESTIVE

**INDULGENCE NOT AS** A BAD THING, BUT A CELEBRATION OF BEING ALIVE - A POSITIVE SOURCE, IF NOT FOR GOOD, THEN FOR HAPPINESS." AND SITTING DOWN WITH LOVED ONES TO ENJOY THIS TASTY DISH, WHICH REALLY DOES MAKE THE MOST OF LEFTOVER TURKEY, IS SURE TO PUT EVERYONE IN A CELEBRATORY MOOD. INCLUDING VIBRANT RED PEPPERS, THIS NOT ONLY LOOKS GOOD BUT IS ALSO RICH IN VITAMIN C. TO KEEP CELLS HEALTHY.

### Dove to wallow in the Christmas spirit - and have learnt how to get maximum pleasure with minimum stress

#### NIGELLA LAWSON'S

#### Ed's victorious turkey hash

This turkey hash recipe, given to me by my friend and agent, Ed Victor, and in charmingly bossy letter form, has been a recurring feature in my books. Why drop it in now of all times? Not least, because it is a real winner. I've given it here as an actual recipe but, as with all these notions for leftovers, the quantities are meant to be a guide only. They are more of the "a handful of this, a handful of that" school of cookery, and that's how it should be. Anyway, this is my adaptation of the Victor Original: I've fiddled a bit, but remained essentially faithful, as, indeed, I will always be to him.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 20 MINUTES SERVES 2 TO 4** 



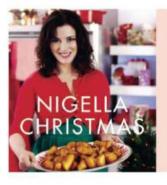
#### EASY / PREPARE AHEAD

50g (2oz) flaked almonds 15g (1/20z) butter 2tbsp olive oil 1 onion, peeled and chopped 2 red peppers, deseeded and chopped into approx 2cm (3/4in) pieces 1 garlic clove, peeled and minced

250g (9oz) cold turkey, shredded

75g (3oz) pitted black olives 2tbsp soured cream 2tbsp leftover turkey stock 1 free-range egg few dashes of Tabasco sauce, or to taste 75g (3oz) Parmesan, shaved 1-2tbsp flat-leaf parsley, chopped, to garnish (optional)

- 1 Toss the flaked almonds in a hot, dry pan over a medium to high heat until toasted. Remove to a plate for a while.
- 2 Add the butter and oil to the pan, then throw in the chopped onions and peppers and cook, stirring, over a medium to low heat for about 10 minutes.
- 3 Stir in the garlic, then add the shredded turkey and cook until piping hot.
- 4 Return the reserved toasted flaked almonds to the pan, add the olives and mix. 5 Whisk together the soured cream,
- turkey stock and egg, then pour into the pan. Give a quick stir to combine, and shake in the Tabasco sauce.
- 6 Finally, add the Parmesan and stir until it begins to melt into the hash.
- 7 On serving, sprinkle with chopped parsley, if wished.



#### NIGELLA LAWSON'S NIGELLA CHRISTMAS (CHATTO & WINDUS, £25)

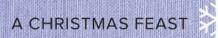
Nigella's no-nonsense approach to the festive season provides both inspiring and practical suggestions for everything from stress-free cooking for family and friends, to homemade gifts. Make-ahead tips and a countdown to Christmas lunch are sure to make life a lot easier, freeing up time and energy to enjoy the traditions and treats of a Nigella Christmas.



# A Christmas feast

Light and fabulous starters, traditional turkey, thyme-crusted beef and glazed gammon — all succulent and full of flavour. Plus, new twists on the trimmings, with plenty of fabulous ideas for vegetarians too... all wrapped up with lots of easy-to-follow advice to help make the preparations and timings as stress free as possible for you





# Your Christmas Day countdown

The trick to serving up a successful turkey lunch is in the organisation. Follow our time plan and freeze-ahead ideas, and you'll breeze through it

#### It helps to know...

Of course, timings will vary depending on the dishes you are cooking – for example, a stuffed turkey takes longer than an unstuffed one (note: always weigh your turkey after stuffing it), and how many dishes you've got going in the oven. But bear in mind:

- The national electricity grid dips on Christmas Day, so electric ovens may take longer to cook than usual.
- Don't keep opening the oven to peek at the bird, as the oven will never keep up to temperature. Likewise with the fridge a full fridge has to work harder to stay cold. Store bottles of wine and drinks in buckets of ice or outside if it's cold enough.
- Lay the table straight after breakfast so you have one less thing to worry about. Also, wash up as you go along – or better still, get some help. A chaotic kitchen doesn't help the cook one little bit.

#### Make it easy

Let's assume you're cooking a turkey that weighs 3.5kg (8lb), which will easily serve eight people. It will take around 2 hours 30 minutes to cook and rest. You should take it out of the fridge 1 hour before roasting. Here's a quick at-a-glance guide to help you plan your day:

- TURKEY takes around 2 hours, plus 30 minutes resting.
- POTATOES cook in around 1 hour.
  Put them in the oven 15 minutes
  before the turkey comes out.
- + STUFFING AND PARSNIPS take around 40 minutes, and CHIPOLATAS 30 minutes. Put them in the oven just after the turkey comes out.

- carrots and sprouts can be steamed once the turkey is out and everything else is in the oven. Or steam the carrots then roast for 10 minutes.
- BREAD SAUCE AND RED CABBAGE can be reheated just before serving.
- **GRAVY** can be made while the turkey is out of the oven and resting.

#### A simple time plan

To serve lunch at 2.15pm 10.30AM Heat the oven to 180 C, 160 C fan, 350 F, gas 4. The turkey should be prepared, weighed and ready. 11.30AM Put the turkey in the oven. 1PM Put the potatoes in the oven. 1.20PM Put extra stuffing in the oven. 1.30PM Take the turkey out, cover and leave to rest. Whack up the oven temperature to 200 C, 180 C fan, 400 F. gas 6. Transfer the potatoes to the top shelf. Put the parsnips and chipolatas in. Have sprouts and carrots ready to cook. The bread sauce and red cabbage should be ready to reheat. Make the gravy. 2PM Once everything is out of the oven, put the serving dishes and plates in to warm. Transfer the turkey to a large chopping board or carving dish. Enlist three helpers - one to dish up, one to carve and one to wash up, so you have space in the kitchen.

Get ahead
Stuff the turkey
on Christmas Eve
and leave it in
the fridge
overnight

Property and the second



#### Inspirational starters

Four simple but impressive starters that will win over your Christmas Day guests. Choose from a fantastic prepare-ahead soup, or one of three fish dishes – they are so easy to make, you won't have to spend hours in the kitchen!

#### + CHRISTMAS CRACKERS

Mix cream cheese with chopped chives, a squeeze of lemon juice and black pepper. Place a small spoonful in the centre of a piece of smoked salmon, roll up and tie each end with a chive — they'll keep for an hour in the fridge. After a while, the chives will start to wilt, so make the day before and only tie them just before serving.

#### + SMOKED SALMON WITH HORSERADISH AND CHICORY

Shred heads of **chicory**, and toss them in an **olive oil** and **lemon juice** dressing. Serve **smoked salmon** (or trout) on top of the chicory, with some **horseradish cream** on the side and a wedge of **lemon**.

#### + LOBSTER AND CRAB SALAD

Buy a prepared lobster (one will serve 2), remove the shell; serve with mayonnaise. For the crab (one dressed crab will serve 2), mix the brown meat with a little softened butter, some cayenne pepper, a squeeze of lemon juice, Worcestershire sauce and a little salt. Serve a spoonful of this brown "pâté" with the white crab meat. Add tomatoes dressed with a little olive oil, red wine vinegar and flat-leaf parsley. You could just serve the lobster or crab.

#### -- CREAMY CAULIFLOWER SOUP

Melt 50g (2oz) butter in a large pan. Add a chopped **onion** and 2 sticks finely sliced **celery**, and cook over a medium heat until soft. Add 1kg (2lb 4oz) **cauliflower**, 2 **bay leaves**, 500ml (18fl oz) each **stock** and **milk**, and a grating of **nutmeg**. Season, bring to the boil, then lower the heat and simmer gently, covered, for 20 minutes, until the cauliflower is very tender. Add 100ml (4fl oz) half-fat crème fraîche and whizz with a hand-held blender until very smooth. To serve, ladle the soup into bowls, scatter with **croûtons**, add a rasher of cooked **bacon**, broken into shards, then top with a little **crème fraîche** and chopped **chives**.









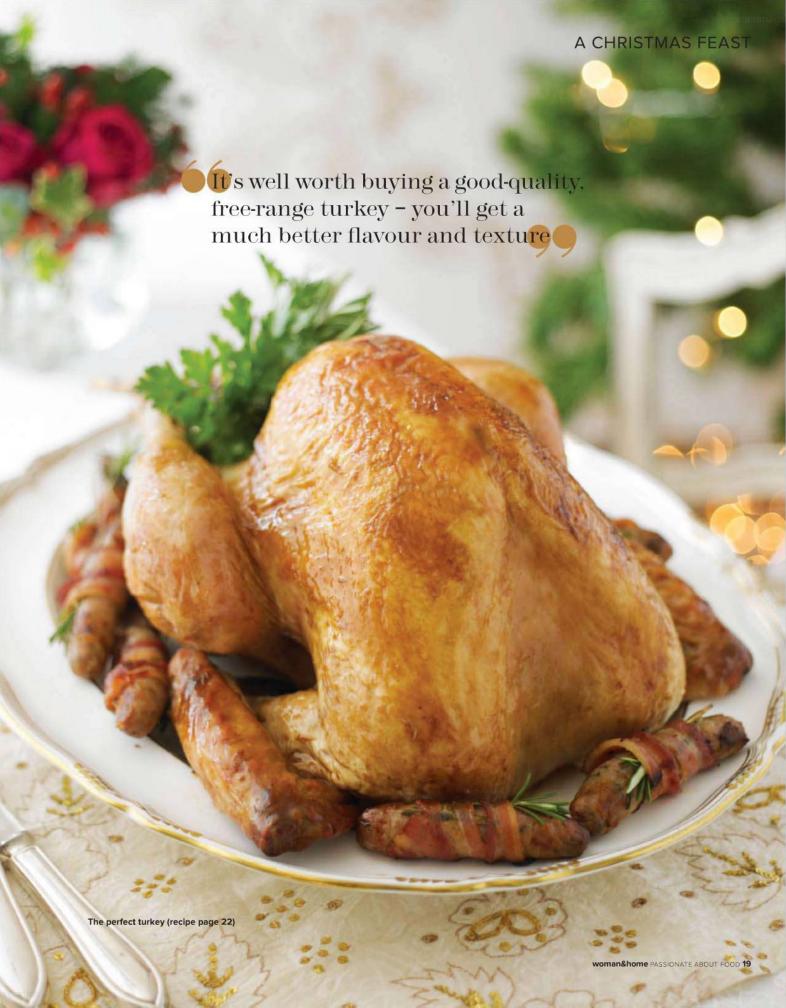














#### Boozy port gravy

A simple gravy to make while the turkey is out of the oven and resting before carving.

PREPARATION TIME: 5 MINUTES **COOKING TIME: 10 MINUTES SERVES 6** 



1-11/2tbsp plain flour 500ml (18fl oz) chicken stock 130ml (41/2fl oz) port 2tbsp redcurrant jelly

Pour turkey juices into a jug; skim off most of the fat. Return the juices to the roasting tin. Add the flour and stir for 1 minute. Gradually whisk in the stock, port and jelly to make a smooth gravy; simmer for 3 minutes. Season. Per serving: 71 calories, 0.7g fat (0.2g saturated), 8g carbohydrate

#### Easy bread sauce

You can lower the fat content by using half-fat crème fraîche instead of cream.

PREPARATION TIME: 10 MINUTES. PLUS INFUSING

**COOKING TIME: 10 MINUTES** SERVES 6

EASY / PREPARE AHEAD

1 small onion, cut in half 6 whole cloves 500ml (18fl oz) milk 1 bay leaf 175g (6oz) fresh white breadcrumbs 50ml (2fl oz) double cream 25g (1oz) butter grating of nutmeg

1 Stud the onion with the cloves. Put in a pan with the milk and bay leaf. Gently heat until very hot, but don't allow to boil. Set aside to infuse for 30 minutes to 2 hours. 2 Strain the milk, add to a clean saucepan with the breadcrumbs. Reheat gently, stirring for 3 to 4 minutes until the sauce has thickened. Remove from the heat, stir in the cream and butter, and season well. Grate over some nutmeg before serving. Per serving: 231 calories, 12g fat (7g saturated), 27g carbohydrate

#### Sautéed Brussels sprouts with Parma ham

Brussels sprouts are packed with vitamin A, potassium and calcium - just don't overcook!

PREPARATION TIME: 10 MINUTES COOKING TIME: 10 MINUTES SERVES 6



1tbsp olive oil 250g (9oz) shallots, peeled and halved 100g (4oz) Parma ham, torn 650g (1lb 7oz) Brussels sprouts, outer leaves removed, and halved

1 Heat the oil in a pan, add the shallots and fry until golden. Transfer to a plate, fry the Parma ham until crisp; add to the shallots. 2 Meanwhile, steam the sprouts for 2 to 3 minutes until almost tender. Refresh under cold water and add to the pan. Cook on high for 2 minutes, then stir through the shallots and Parma ham. Per serving: 110 calories, 5g fat (1g saturated), 8g carbohydrate

#### Port-braised red cabbage

A great prepare-ahead festive dish, red cabbage is high in vitamins A and C.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 2 HOURS** SERVES 6



EASY / PREPARE AHEAD

800g (1lb 12oz) red cabbage, shredded 175ml (6fl oz) port 3tbsp light muscovado sugar 3 bay leaves 100g (4oz) sultanas iuice 1 lemon

Put all ingredients and 175ml (6fl oz) water in a large, heavy pan. Season and cook, loosely covered, on a low heat for 1 hour 30 minutes to 2 hours, stirring occasionally, until tender. Per serving: 147 calories, 0.5g fat (Og saturated), 27g carbohydrate

#### Balsamic-glazed carrots

Everyone will love these sweet carrots - and they contain healthy beta-carotene!

PREPARATION TIME: 10 MINUTES **COOKING TIME: 15 MINUTES** SERVES 6



**EASY** 

500g (1lb 2oz) carrots, peeled and cut into batons 3tbsp light muscovado sugar knob of butter 2tbsp balsamic vinegar

Heat oven to 200 C, 180 C fan, 400 F. gas 6. Steam the carrots for 5 minutes until tender, then drain and mix with the sugar, butter and vinegar. Transfer to a roasting tin and cook for 10 minutes. Per serving: 68 calories, 1g fat (0.5g saturated), 15g carbohydrate

#### Honey, lemon and thyme roasted parsnips

A wonderful winter veg, parsnips provide an excellent source of vitamin C.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 45 MINUTES SERVES 6** 



800g (1lb 2oz) small parsnips, peeled and halved 2tbsp light honey 3tbsp olive oil grated zest 1/2 lemon 2tsp fresh thyme leaves, finely chopped

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Boil the parsnips for 5 minutes, drain, mix with remaining ingredients and season. 2 Transfer to a large roasting tin and roast for 40 minutes until crisp and golden, turning occasionally. Per serving: 150 calories, 7g fat (1g saturated), 21g carbohydrate

#### Crispy rosemary potatoes

Everyone's favourite – just a little fresh rosemary will really flavour the potatoes.

PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR SERVES 6



1.5kg (3lb 6oz) floury potatoes (such as King Edward), peeled and cut to the same size

100ml (4fl oz) goose fat (or vegetable oil if you're cooking for vegetarians) 4 rosemary sprigs, leaves only, roughly chopped

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the potatoes in a large pan of cold, salted water and bring to the boil. Simmer for 6 minutes, drain and return to the pan. Cover with a lid and shake to fluff up the edges.
- 2 Heat the goose fat or oil in a roasting tin in the oven until hot. Carefully toss the potatoes in the hot fat, sprinkle with a little sea salt and roast in the oven for 30 minutes, turning once.
- **3** Sprinkle with the chopped rosemary and cook for a further 30 minutes, turning occasionally, until golden and crisp. Serve immediately.

Per serving: 284 calories, 12g fat (5g saturated), 40g carbohydrate

#### + SMART IDEA

Mash up any leftover roast potatoes and mix with a little cooked, chopped bacon and some crumbled cheese. Shape into cakes and gently fry until heated through.

# Squash, goats' cheese and cannellini bean stuffing

A delicious side for veggie guests – but it will go superbly with the turkey too!

PREPARATION TIME: 20 MINUTES COOKING TIME: 45 MINUTES SERVES 6



EASY / PREPARE AHEAD

1 small butternut squash, about 650g (1lb 7oz), peeled, deseeded and cut into 2.5cm (1in) dice pinch chilli flakes, optional 1/2tsp fresh sage, finely chopped 1tsp fresh thyme, chopped 2tbsp olive oil, plus a little extra, for drizzling

410g can cannellini beans, drained and rinsed

bunch flat-leaf parsley, roughly chopped 4tbsp dry white wine or dry sherry 100g (4oz) soft, mild goats' cheese, crumbled

100g (4oz) fresh crusty bread, torn into small chunks

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put the squash pieces, chilli flakes, sage and thyme into a large roasting tin and drizzle with the olive oil. Mix well and roast for around 25 minutes until just tender, turning occasionally. 2 Roughly mash the cannellini beans in a bowl until they're broken, but not mushy. Add the parsley, cooked squash, wine or sherry and half the goats' cheese, and mix well. Season to taste. Stir in the bread chunks and transfer the mixture to an ovenproof dish. Scatter over the remaining goats' cheese, drizzle with a little extra olive oil and bake for about 15 to 20 minutes until golden.

Per serving: 250 calories, 11g fat (4g saturated), 26g carbohydrate

### Sausage, red onion and apricot stuffing balls

If you like, you can pack the mixture into one roasting tin and bake.

PREPARATION TIME: 25 MINUTES COOKING TIME: 30 MINUTES SERVES 6



#### BASY / PREPARE AHEAD

1tbsp olive oil

1 red onion, peeled and finely chopped 450g (1lb) pork sausage meat 100g (4oz) wholemeal bread, blitzed into breadcrumbs 100g (4oz) ready-to-eat dried apricots,

roughly chopped

1tsp fresh sage, finely chopped

1tsp fresh thyme, chopped 1 free-range egg, beaten

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Heat the oil in a pan, cook the onion for 5 minutes until soft, then allow to cool.

2 Put all the ingredients in a large bowl and season well. Mix, using your hands, then roll into balls about the size of plums. Put the stuffing balls on to a baking sheet, 2cm (¾in) apart, and cook for about 25 to 30 minutes, turning once.

Per serving: 282 calories, 17.5g fat (6g saturated), 19g carbohydrate

#### CHOOSE THE BEST ♣ Festive wines



Editor Jane Curran with some helpful hints and tips:

It's the time of year when we all push the boat out, so it's worth splashing out on some delicious wine. It's the quality, not the quantity that counts! - A real treat is a glass of fizz before lunch – it's better to buy a very good sparkling wine, such as **Pelorus** (around £20, Waitrose, Majestic) from New Zealand's Cloudy Bay than a cheap Champagne. No doubt there will be terrific offers in all the shops this year, so don't buy too early if you can help it! One bottle of fizz will serve 5 without being too mean.

-I- If you're a turkey-lover, you can go with either red or white. It depends on the trimmings really, and how punchy you make your gravy. Although I'd avoid something as strong as a full-on Aussie Shiraz, which will just take over – by that I mean you'll taste the wine but nothing else! So a Pinot Noir is perfect, but won't be the cheapest option, whether you go for a top-of-the-range from Burgundy or New Zealand, with its silky smooth soft fruits.

-I- For whites, you'll need something with a bit more body. I would choose a buttery Chardonnay from Burgundy to have with the turkey. But most importantly, if you have a favourite wine that you only buy on special occasions, then go with what you know. There are so many flavours on the Christmas Day lunch plate, it's hard to find a perfect match and, of course, it's all about the enjoyment.

# Cooking the \*\* perfect turkey

Feel Good Food editor Jane Curran talks you through all you will need to know about choosing and cooking the festive bird



#### + WHAT TO BUY

Our labelling laws are still confusing so it's important to know your supplier. A turkey may have "free range" on the label, but it still could have been killed too young – around two months – so it still will have very little flavour. A proper turkey is killed nearer seven months in age and will have a delicate, gamey flavour, and produce a fabulous gravy. A top turkey is expensive but given that most of us buy one a year, go for the best you can afford.

A standard turkey tends to be from a fast-growing breed, growth promoters may have been used, it could have been reared in cramped conditions, it won't have been hung, and it will be factory processed.

The farmer who slow-rears a turkey from good breeds, feeding it well, letting it roam free, and then hand-preparing it, will invest a lot of money and time in the process, hence the higher cost. We've tasted many in the w&h test kitchen, and we can assure you, you will notice the difference.

If you don't have a reputable supplier or butcher nearby, buy online or by mail order from our three top tried-and-tested turkey producers – Copas Turkeys (copasturkeys. co.uk), Kelly Turkeys (kelly-turkeys.com) or Pipers Farm (pipersfarm.com).

#### + HOW TO COOK

Years of over-cooking inferior turkeys has given the bird a bad reputation for being dry and tasteless. Specialists, as above, will give you their own cooking times, which have been tested thoroughly on their own breeds. The best temperature to roast at is 180 C, 160 C fan, 350 F, gas 4. The British Turkey Information Service (britishturkey.co.uk) has a general cooking guideline for other turkeys: less than 4kg (9lb), cook for 20 minutes per kg (2lb 4oz) then add 70 minutes cooking time at the end; more than 4kg (9lb), add 90 minutes at the end.

You can cook your turkey breast-side down on a trivet (from cook shops), which helps prevent the breast drying out. Then turn it up the right way for the last 30 minutes to brown. This way, it won't need covering with foil as the fat deposits are on the back of the bird, which will permeate through, and the fat will gently crisp.

#### + SERVING AND CARVING

Once the turkey is cooked through (the juices should run clear when you pierce the thickest part of the thigh with a skewer), it can rest for 30 minutes to 1 hour while you get the potatoes and other veg cooked. Paul Kelly of Kelly Turkeys has the best way of carving. You can follow his method at kelly-turkeys.com, but basically, you take off the legs, slice the meat off from there, then cut the breast off the bone from each side of the backbone, then slice.

#### **⊹** FOR THE GRAVY

You should have tasty meat juices and lovely sticky bits in the roasting tin. Put this on the heat and add a good glug of white wine or dry sherry. Scrape up all the bits then add your stock. If you don't have time to make stock beforehand, use a bought, fresh chicken stock. Bring to the boil and simmer to reduce down a little, then you can thicken it if you like with cornflour mixed with a little cold water. You could add the herbs roasted with the turkey and any onions you have put under the turkey while it's roasting, then strain before serving.

From far left: Add aromatics such as herbs, lemon and onions to the roasting tin. You can put softened butter with lemon zest under the breast skin. Truss the legs with butcher's string before roasting so the turkey retains its shape.







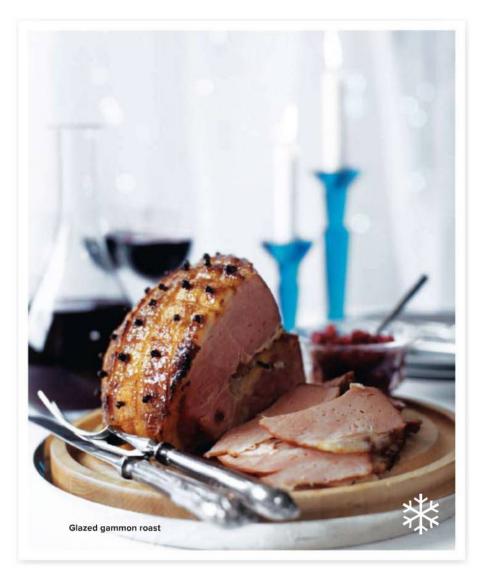


90cm 'Opera' Cooker with
Multifunction Oven & Gas Hob, White
Energy Rating A
9 Functions
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Triple Glazed Removable Door
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#### Glazed gammon roast

A great dish to prepare in advance and have ready when you're feeding a crowd.

PREPARATION TIME: 20 MINUTES **COOKING TIME: AROUND 2 HOURS** 10 MINUTES

**SERVES 10, WITH LEFTOVERS** 



**EASY / PREPARE AHEAD** 

free-range British boneless gammon joint, around 3.5kg (8lb) few bay leaves 1 onion, peeled

to glaze:

1tbsp English mustard powder 4tbsp soft brown sugar 1tbsp redcurrant or cranberry jelly around 30 whole cloves

1 Weigh the ham and calculate the cooking time from the second boiling at 30 minutes per 1kg (2lb 4oz). You'll need a pan large enough to get the ham in and cover it with water. Bring the water to the boil then drain it away. Take out the ham, wipe off any scum, clean out the pan then return the ham to the pan and cover it with water. Add the bay leaves and onion, bring to the boil then cover and simmer for the required time.

2 Remove the ham to a board and peel off the outer skin. You can cool the ham right down at this point then leave in the fridge overnight if you want to glaze it later.

3 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Score the fat in diamond shapes. Mix the mustard, sugar and jelly. Rub a little oil over the ham fat then press in the mustard mix and place a clove in the centre of each diamond. Line a roasting tin with a double layer of foil. Roast the ham for 30 to 40 minutes, until glazed. Cool before slicing. Per 100g serving: 200 calories, 7g fat (2g saturated), 2g carbohydrate

#### Roast beef with a mustard and thyme crust

Make sure the beef has a good layer of fat on it, so it won't dry out while cooking.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 1 HOUR 20 MINUTES** SERVES 6 TO 8



#### Maria Barra | Barra |

1.5kg (3lb 6oz) topside of beef, fat lightly scored 4tbsp grainy mustard 1/2tbsp light soft brown sugar 2tbsp whisky 4 thyme sprigs, leaves only

1 Heat oven to 200 C, 180 C fan, 400 F, gas 6. Put the beef into a roasting tin (on a roasting rack if you have one). In a bowl, mix together the mustard and sugar, and season well. Spread this all over the top of the beef, covering the outside layer of fat. 2 Pour the whisky into the roasting tin.

Transfer to the oven for 20 minutes, then reduce the temperature to 170 C, 150 C fan, 325 F, gas 3 and cook for 1 hour for medium-rare - topside is too dry when overcooked. Sprinkle the beef with the thyme for the final 15 minutes of cooking time. Leave the meat to rest for at least 15 minutes before carving.

Per serving: 306-229 calories, 7-5g fat (3-2g saturated), 1-0.9g carbohydrate

#### + CRANBERRY CHUTNEY

This is a delicious twist on cranberry sauce and tastes great with gammon, a roast and leftover turkey. Put 100g (4oz) soft brown sugar, 100ml (4fl oz) cider vinegar, 1/2tsp ground cardamom, 175g (6oz) diced candied citrus peel, 2 sticks celery and 1 onion, both diced, 2 dessert apples, peeled, cored and cut into small dice, and 1tsp salt in a saucepan with 400ml (14fl oz) water. Bring to the boil then simmer for 30 to 40 minutes, until most of the liquid has been absorbed. Add 450g (1lb) cranberries and cook until they pop, around 15 minutes. This chutney will keep in a plastic lidded container in the fridge for up to a month - and the flavour only improves!





"THE SEASONS ARE THE PLANET'S NATURAL CYCLE AND THEY EXIST FOR A REASON, SO IT MAKES NO SENSE TO TRY AND BEAT THEM," SAYS JAMES. "THERE ARE SO MANY GOOD REASONS TO EAT WHAT WE PRODUCE LOCALLY - ABOVE ALL ELSE, TO GET THE BEST POSSIBLE TASTE," SO FOLLOW THE CHEF'S LEAD WITH THIS WONDERFUL DISH THAT MAKES THE MOST OF THE SEASON'S OFFERINGS, THIS INCLUDES BRUSSELS SPROUTS, WHICH IS BELIEVED TO PROTECT THE BODY AGAINST BREAST, COLON AND PROSTATE CANCERS

### Succulent duck, a perfect winter meal that provides three times more iron than chicken does

#### JAMES MARTIN'S

#### Sliced duck breast with winter stir-fry

This is full of strong, wintry flavours. For the best result, buy Brussels sprouts still on the stalk and crisp up the duck before baking to enhance the taste and texture.

PREPARATION TIME: 20 MINUTES, PLUS COOLING

COOKING TIME: 15 MINUTES SERVES 4



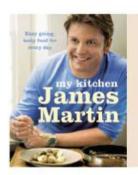
2 large or 4 small duck breasts 3tbsp runny honey salt and black pepper

for the stir-fry:

2tbsp olive oil
150g (5oz) pancetta, diced
4 long shallots, peeled and halved
lengthways (root left intact)
50-75g (2-3oz) butter
300g (10oz) Brussels sprouts, outer
leaves removed and thinly sliced
8 brown cap mushrooms, sliced
300ml (½pt) beef or chicken stock
110g (4oz) pre-cooked chestnuts,
chopped

2tbsp flat-leaf parsley, chopped

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. On the hob, heat a frying pan large enough to fry the duck breasts side by side, add the honey and allow to bubble gently. Season both sides of each duck breast with salt and pepper, place into the frying pan, skin side down, and cook gently over a medium heat until the duck is crisp and the honey has turned brown.
- 2 Transfer the duck breasts to a baking dish, skin side up. Bake in the oven for 8 to 10 minutes (longer for well done), then remove from the oven and set aside to rest for a few minutes before slicing.
- 3 Meanwhile, add half the olive oil to a non-stick frying pan set over a high heat and fry the pancetta until golden brown. Remove from the pan, dry on kitchen paper and set aside.
- 4 Drain off the fat from the pan, then set the pan back over the heat, add the rest of the oil and add the shallots to brown them. After they have been cooking for 2 to 3 minutes, melt half the butter in the pan and tip in the Brussels sprouts and mushrooms. Sauté for 4 to 5 minutes to brown a little, adding more butter if necessary, then add the cooked pancetta.
- **5** Pour in the stock and simmer to reduce for 2 minutes, then stir in the chestnuts and the rest of the butter. Add the parsley and season with salt and pepper. Place on plates and arrange the sliced duck on top.



JAMES MARTIN'S MY KITCHEN (HARPERCOLLINS, £20) In his book, the Saturday Kitchen host encourages us to think of the changing seasons as "out with the old and in with new" and to embrace the produce provided by nature. As winter approaches, James says "Tis the season to be jolly, especially if you're a keen cook," and with recipes ranging from Roast turkey with Guinness glaze to Spicy mussels with coconut and lime, you won't be disappointed.



# Meat-free holiday

In this season of plenty, take a break from the big roast dinners and dazzle your guests with vegetables that have upped the ante and stepped into the leading roles. Bursting with glorious flavours, these diva-ish dishes are sure to be a hit with everyone, not least the vegetarians



#### Roasted cherry tomato and pepper bruschetta

Rocket not only adds peppery bite to this dish, it is also rich in antioxidants.

#### PREPARATION TIME: 10 MINUTES **COOKING TIME: 15 MINUTES** SERVES 8



#### EASY

40 cherry tomatoes, halved 2tbsp fresh basil, chopped 5 cloves garlic, peeled and sliced 4tbsp olive oil ciabatta loaf 280g jar mixed peppers in oil, drained 80g bag rocket 25g (1oz) Parmesan, shaved 1tbsp balsamic vinegar

- 1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Place the tomatoes on a roasting tray, sprinkle with the basil and garlic, and season. Drizzle with 2tbsp of the oil and roast for 10 to 15 minutes, until soft.
- 2 Meanwhile, carefully cut the ciabatta in half horizontally and place each half cut side up on a baking sheet. Drizzle with 1tbsp of the oil and season. Bake in the oven for a few minutes, until toasted. Slice the ciabatta into eight and top with the tomatoes, peppers, rocket and Parmesan. Drizzle with the remaining oil and vinegar and serve.

Per serving: 184 calories, 10g fat (2g saturated), 21g carbohydrate

#### **SWEET PEPPER KNOW-HOW**

Whole, oven-roasted peppers that come in jars are an ideal festive storecupboard standby. Chop and add to salads or pasta, stuff with a mix of herbs and cream cheese for a starter, or serve straight out of the jar as part of a meze buffet.

#### Tarte tatin of root veg with pine nuts

Just three small beetroot are the equivalent of one of your five-a-day veg portions.

#### PREPARATION TIME: 15 MINUTES **COOKING TIME: 50 MINUTES** MAKES 4



#### EASY / PREPARE AHEAD / FRFF7F

1 bulb fennel, cut in half and sliced 2 carrots, peeled and cut into chunks 4 raw beetroots, peeled and cut into wedges

1 red onion, peeled and cut into wedges 3tbsp olive oil 1tbsp balsamic vinegar 375g pack puff pastry 200g (7oz) pack soft goats' cheese (such as Chèvre Blanc), crumbled 2tbsp fresh parsley, chopped 25g (1oz) pine nuts, toasted

4 x 12cm (43/4in) tart tins

you will need:

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Put all the vegetables in a roasting tin and drizzle with the oil. Roast for 20 minutes, then add the vinegar and roast for a further 10 minutes until tender.
- 2 Divide the cooked vegetables between the tart tins. Cut the pastry into circles 1cm (1/2in) bigger than the tins and place over the veg, tucking the edges into the tin. Bake for 20 minutes until golden.
- 3 Turn out the tarts and top with the goats' cheese, parsley and pine nuts. Per serving: 700 calories, 48g fat (21g saturated), 51g carbohydrate

#### + SMART IDEA

Don't discard the leafy tops of fresh beetroot. Wash them well, then cook in the same way as you would spinach for a side dish, or chop and add to stir-fries, curries or quiches.

#### Individual mushroom and Taleggio tarts

Great with mushrooms, aromatic thyme adds flavour and acts as an antiseptic too.

#### PREPARATION TIME: 20 MINUTES **COOKING TIME: 20 MINUTES**

**SERVES 2** 



1/2 x 375g pack ready-rolled puff pastry 1 free-range egg, beaten

250g (9oz) mixed mushrooms, sliced 15g (1/2 oz) salted butter

1/2tbsp olive oil

1 garlic clove, crushed

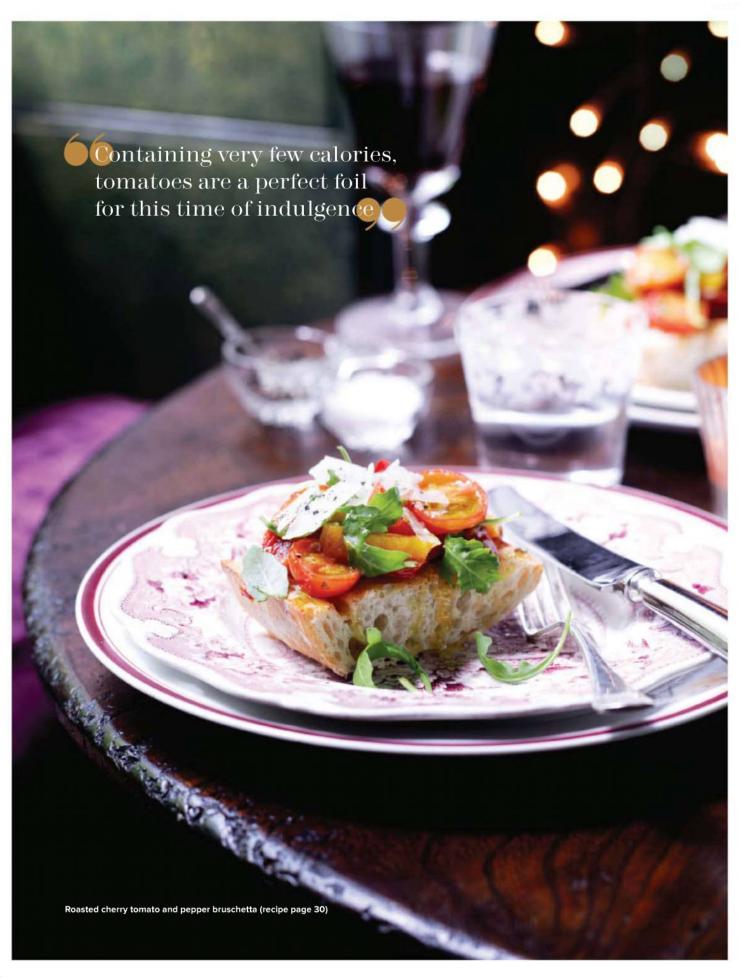
2tbsp sherry vinegar

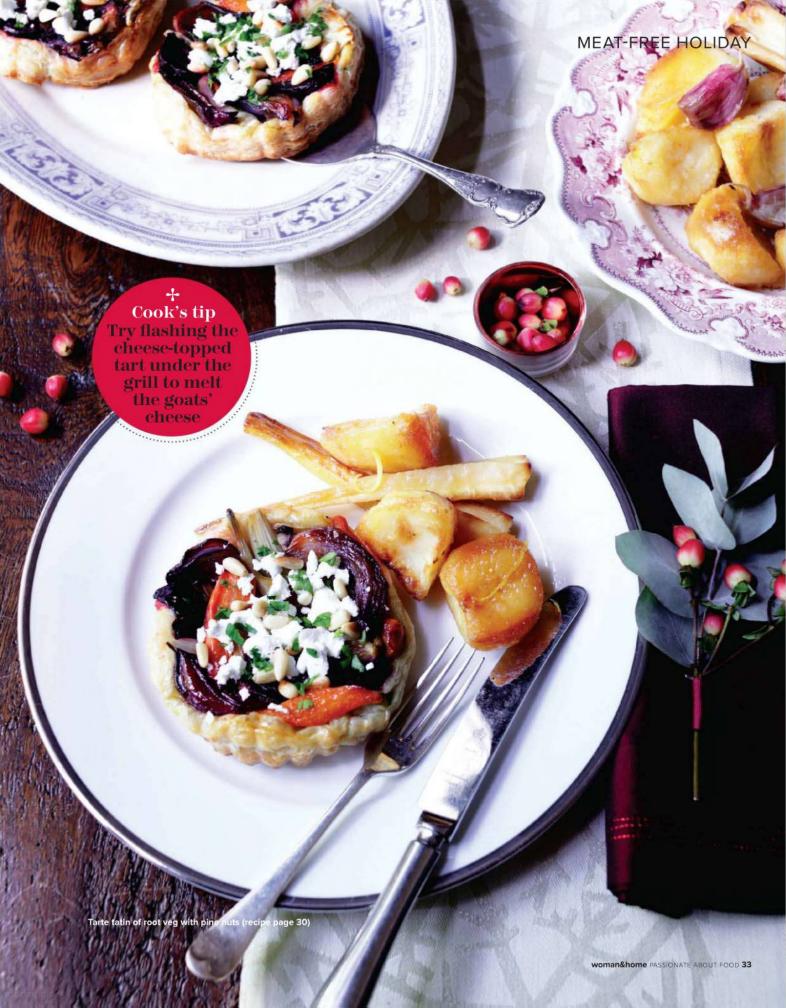
1/2tbsp fresh thyme leaves 75ml (3fl oz) double cream

75g (3oz) Taleggio cheese, cut into cubes

- 1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Unroll the pastry on a lightly floured work surface and cut into 2 rectangles.
- 2 Using a sharp knife, score a 1cm (1/2in) border around the edge of each rectangle, then brush each with the beaten egg. (If you're cooking ahead, freeze the pastry at this stage.) Bake for 10 to 12 minutes, until risen and golden brown.
- 3 Meanwhile, fry the mushrooms in the butter and oil for 4 to 5 minutes until golden. Stir in the garlic, vinegar, thyme and cream, bring to the boil, then simmer for 1 minute.
- 4 Spoon the mushrooms into the pastry cases and divide the Taleggio between them. Return to the oven for 5 minutes. until the cheese has melted and the tarts are warmed through. Serve immediately. To bake the pastry cases from frozen, add another 5 minutes to the cooking time. Per serving: 800 calories, 66g fat (35g saturated), 36g carbohydrate







#### Roasted squash with goats' cheese

For those with a sensitivity to dairy, goats' cheese is a tasty, better option.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 50 MINUTES** SERVES 1



#### Management | EASY / PREPARE AHEAD

1 small butternut squash 75g (3oz) goats' cheese, sliced 200g can whole plum tomatoes 2 garlic cloves, crushed few sprigs fresh rosemary or thyme 1tbsp Parmesan, grated

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Cut the butternut squash in half just where the fat bulbous part goes thinner. Scoop out the seeds of the fat part with a

spoon - you may need a small, sharp knife to get you started - and discard. Put a few goats' cheese slices in the cavity. Drain the tomatoes and add to the cavity with the garlic, herbs and some seasoning, and end with the rest of the goats' cheese. Then sprinkle over the Parmesan. If you want to plan ahead, you could place it in the fridge for up to 2 hours at this point. 2 Place on a large double sheet of foil and scrunch up the edges. Roast the thinner bit of the butternut squash on the side. Bake for 50 minutes, or until the squash is tender and the cheese has browned and melted. Serve with all the usual Christmas trimmings, or with some delicious roasted vegetables. Per serving: 514 calories, 24g fat (16g saturated fat), 48g carbohydrate



#### Nut roast with chestnuts

Chestnuts are a good source of dietary fibre, which helps lower blood cholesterol.

PREPARATION TIME: 25 MINUTES **COOKING TIME: 25 MINUTES** SERVES 6

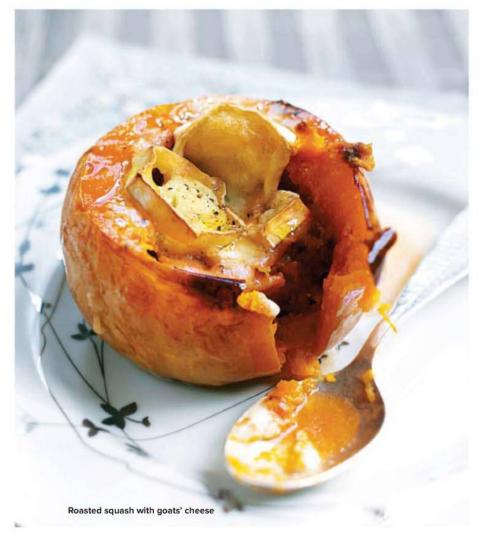


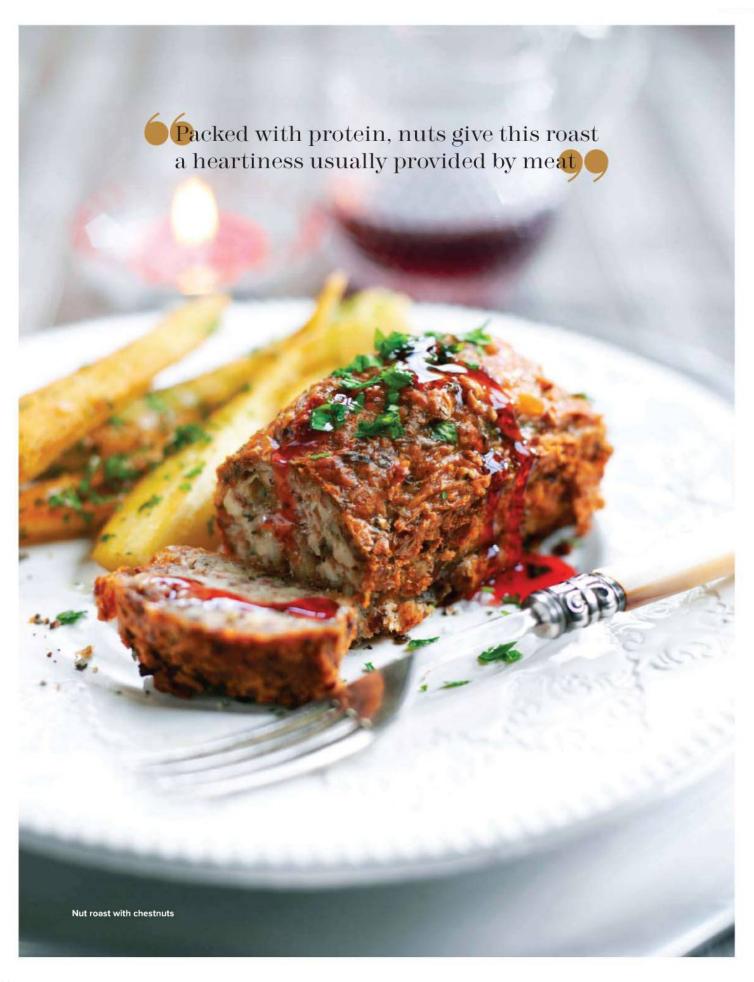
#### PREPARE AHEAD / FREEZE

50g (2oz) pecan nuts 50g (2oz) Brazil nuts 35g (11/4oz) whole, blanched almonds 2tbsp pumpkin seeds 15g (1/2 oz) unsalted butter 3 shallots, peeled and finely chopped 1 garlic clove, peeled and finely chopped 50g (2oz) peeled chestnuts, chopped 1tsp soy sauce 1/2tsp sherry vinegar 1/2tsp English mustard powder 2tbsp flat-leaf parsley, roughly chopped 1/2tbsp sage leaves, roughly chopped 2 free-range eggs, beaten 75g (3oz) strong hard cheese 200g can chopped tomatoes, drained chopped parsley, to serve you will need:

#### 4 x 100g (4oz) mini loaf tins

1 Toast the nuts (not the chestnuts) and seeds in a dry pan over a medium heat until golden. Allow to cool, then pulse in a food processor until finely chopped. Melt the butter in a small frying pan and sweat the shallots and garlic until soft. 2 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Grease the tins, line with baking parchment, then grease the parchment. Combine the nut mixture with the shallots and remaining ingredients. Season and mix. 3 Spoon into the tins and bake for 20 to 25 minutes. Cool slightly, turn out on to 4 plates and peel away the parchment. Sprinkle with parsley; serve with warm cranberry jelly. Per serving: 300 calories, 26g fat (7g saturated), 6g carbohydrate





#### Parsnip rösti kievs

Packed with vitamin C, parsnips help to boost the body's immune system.

#### **PREPARATION TIME: 25 MINUTES COOKING TIME: 25 MINUTES**

**SERVES 4** 



#### EASY / PREPARE AHEAD

2 parsnips, peeled and coarsely grated 2 potatoes, peeled and coarsely grated 1tbsp olive oil 1 red onion, thinly sliced 1tsp thyme, chopped 4tbsp red wine 1tbsp balsamic vingear 2tsp marmalade

#### 25g (1oz) black olives, chopped 1tbsp plain flour 2 small goats' cheeses, halved 25g (1oz) butter, melted

- 1 Squeeze out any excess liquid from the grated veg and place in a large microwave bowl. Season, cover with clingfilm and microwave on high for 4 minutes, stir, then microwave for 3 minutes and leave to cool.
- 2 Heat the oil and cook the onion with the thyme for 10 minutes, then add the wine and vinegar and reduce for a further 5 minutes. Turn off the heat, add the marmalade and olives and season well.
- 3 Sprinkle the flour on to the parsnips and potatoes and mix. On a lightly oiled board or plate, shape half the mixture into 4 rounds, place the cheese on each round and top with the onion mixture. Divide the remaining rösti mix and use to cover the cheese and onion. Lightly shape with your hands to ensure no filling is visible. Place on to an oiled baking sheet, brush with melted butter and chill until ready to cook. 4 Heat the oven to 200 C, 180 C fan, 400 F, gas 6 and bake the röstis for 20 minutes, or until golden brown and starting to ooze. Per serving: 350 calories, 20g fat (10g saturated), 30g carbohydrate



# Love Food





# Love Leisure





"CHRISTMAS IS A TIME OF PURE MAGIC AND FOOD BRINGS CHILDHOOD MEMORIES FLOODING BACK IT DOESN'T HAVE TO BE WILDLY AMBITIOUS, TECHNICALLY BRILLIANT OR EVEN THE FINEST MONEY CAN BUY, MEMORY UNDERWRITES OUR SENSE OF SMELL, SO WHENEVER WE TASTE AND DRAW IN ALL THOSE LOVELY CHRISTMAS SCENTS, WE TRAVEL BACK TO HAPPY CHILDHOOD TIMES. THIS RECIPE IS ONE OF MY FAVOURITES..."

Squash contains high levels of beta carotene, which converts into vitamin A - known to boost immunity and good eyesight

#### ANNIE BELL'S

#### Baked squash with wild mushrooms, apple and chestnuts

Squash come in many different shapes and sizes. Kabocha, Baby Squash and Harlequin are shaped like baby pumpkins and are ideal for stuffing. The latter are too pretty to miss on the Christmas table and are patched with orange and green streaks. You could also stuff these the night before, and chill them overnight.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 1 HOUR 10 MINUTES SERVES 6** 

#### PREPARE AHEAD

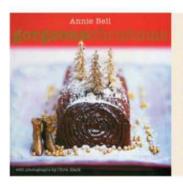
2 squash (approx 700g/1lb 9oz) 50g (2oz) unsalted butter, plus extra, to serve

3 shallots, peeled and finely chopped 150g (5oz) wild mushrooms, picked over and torn or sliced as necessary

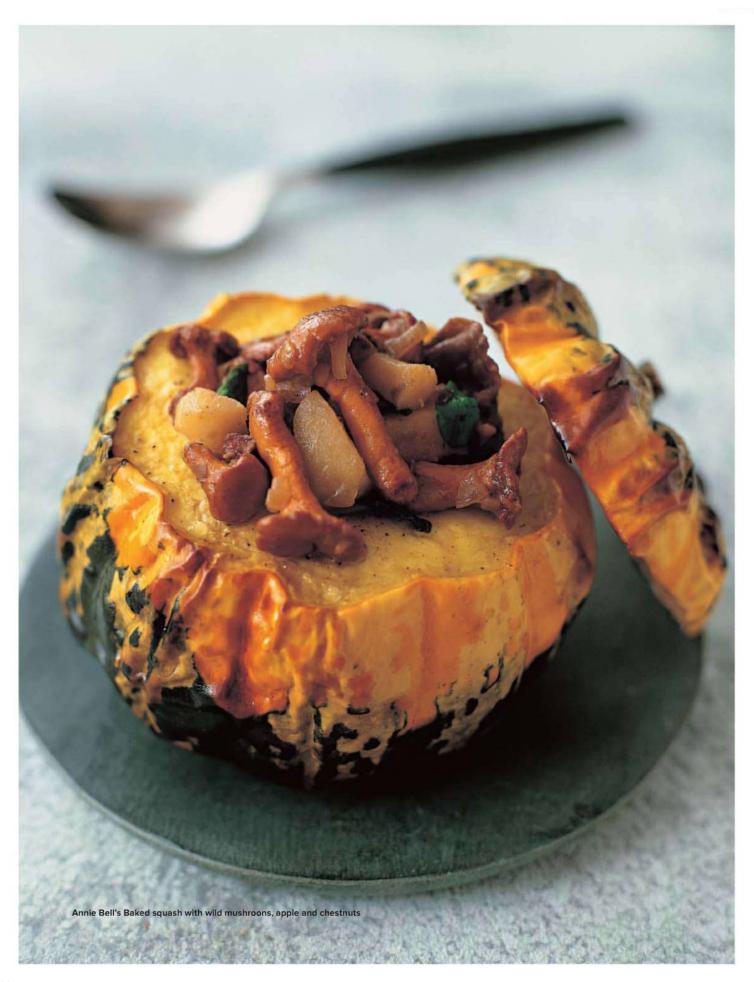
1 eating apple, peeled, cored and diced 75g (3oz) cooked and peeled chestnuts, coarsely chopped

1tbsp fresh marjoram or thyme leaves

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. The squash need to stand level without rolling around, so, if necessary, nick off a slice from the base. Cut off the tops and scoop out the seeds inside.
- 2 Melt the butter in a large frying pan over a medium heat. Add the shallots and cook for a minute or two until softened, stirring occasionally, then add the mushrooms and apple, and sauté for a few minutes longer, until the mushrooms are cooked and the apple is translucent and starting to colour. Season, then add the chestnuts and herbs, and cook for a minute longer.
- 3 Season the inside of the squash generously with salt and pepper, and stuff with the mushroom and apple mixture, pressing it down well. Replace the lids, place the squash in a baking dish and roast for 1 hour. To serve, scoop out the stuffing and the squash flesh. You may like to arrange this in a dish and dot with some butter to serve.



ANNIE BELL'S GORGEOUS CHRISTMAS (KYLE CATHIE LIMITED, £14.99) Having begun her career as a chef, Annie Bell has been a full-time cookery writer and author for more than ten years. This book brings together over a hundred recipes - all simple, pared down and cookable because the last thing we need is to feel flustered or let down! From hand-me-rounds to big splash suppers, puds and baking, there's everything you need to ensure that your Christmas is nothing short of gorgeous.



## Make and freeze

You'll be spending a lot of time in the kitchen over the festive season, so it's a good idea to prepare a few meals in advance and pop them in the freezer, ready for those really busy days. We have ideas for delicious lunches and suppers for family and friends, and an easy-to-make ice cream too! When unexpected guests arrive, simply grab something tasty from your freezer



#### Smoky bacon and lentil soup

Red lentils are an excellent source of protein and are packed with dietary fibre.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 45 MINUTES
SERVES 6



EASY / PREPARE AHEAD / FREEZE

25g (1oz) unsalted butter
100g (4oz) smoked, dry-cured streaky
bacon, diced
2 onions, chopped
2 garlic cloves, crushed
3 sticks celery, chopped
1½tsp cumin seeds, crushed
400g (14oz) red lentils, rinsed
4tsp Marigold vegetable bouillon powder
(or 2 stock cubes)
6 chunky slices grainy bread

#### 200g (7oz) Gruyère cheese, grated 2tbsp parsley, finely chopped

1 Melt the butter in a large saucepan and fry the bacon and onions for 10 minutes until beginning to colour. Add the garlic, celery and cumin and fry for 2 minutes. 2 Tip in the lentils, bouillon powder and 1.5 litres (23/4pt) water. Bring to the boil, reduce the heat to a gentle simmer and cover. Cook gently for about 30 minutes, until the lentils are tender and the soup is thickened. If freezing, cool then freeze for up to 3 months. Defrost then reheat thoroughly. 3 Grill the bread on one side. Scatter the untoasted sides with the Gruyère and grill until bubbling. Season and stir in the parsley. Serve with the cheese on toast. Per serving: 527 calories, 21g fat (11g saturated), 57g carbohydrate



#### Proper fish pie

Rich in vitamins and minerals, fish should be eaten twice a week to maximise its benefits.

PREPARATION TIME: 1 HOUR COOKING TIME: 40 MINUTES SERVES 8



EASY / PREPARE AHEAD / FREEZE

500ml (18fl oz) fish stock 3tbsp dry white vermouth 250g (9oz) salmon fillet, skinned and boned 200g (7oz) each white fish fillets and smoked haddock, skinned and boned

smoked haddock, skinned and boned 75g (3oz) shelled, uncooked prawns 40g (1½oz) small gherkins, chopped 2tbsp capers, rinsed and chopped 1tbsp each chopped dill and parsley 3 eggs, hardboiled, shelled and chopped for the sauce:

75g (3oz) plain flour
150ml (1/4pt) double cream
for the topping:
1kg (2lb 4oz) potatoes, peeled and
quartered
25g (1oz) butter, melted
150ml (1/4pt) milk, warmed
2tbsp breadcrumbs
75g (3oz) mature Cheddar, grated
you will need:
1.7-litre (3pt) baking dish

75g (3oz) unsalted butter

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Place the stock and vermouth in a saucepan; heat until almost boiling. Add the fish and prawns and cook for 5 minutes, remove and cool. Strain the stock into a jug, rinse the pan and return to the heat.

2 For the sauce, melt the butter in the pan,

add the flour; whisk for 1 minute. Gradually add the stock, then the cream, and season. Cool; add gherkins, capers, herbs, eggs and fish, then pour into the baking dish.

**3** For the topping, steam the potatoes for 20 minutes, then mash. Add the butter, milk and seasoning. Spoon over the fish, smooth over, then top with the breadcrumbs and cheese. Bake for 40 minutes, or freeze for up to 1 month. Cook from frozen for 1 hour at 180 C, 160 C fan, 350 F, gas 4. Per serving: 491 calories, 29g fat (15g saturated), 29g carbohydrate





### Chicken with anchovies and olives

Anchovies are high in protein and low in calories, plus rich in omega-3 fatty acids.

#### PREPARATION TIME: 40 MINUTES COOKING TIME: 1 HOUR SERVES 6



EASY / PREPARE AHEAD / FREEZE

6 free-range chicken legs
1tbsp oil
150g (5oz) pancetta, cubed
50g can anchovies, drained
and chopped
2 onions, chopped
2 sticks celery, chopped
2 garlic cloves, crushed
150ml (1/4pt) full-bodied red wine
2 x 400g cans chopped tomatoes
2 bay leaves
4 sprigs thyme
150g (5oz) black olives, pitted
you will need:

large, lidded heatproof casserole dish

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Season the chicken. Heat the oil in a frying pan and fry the chicken until golden all over. Transfer to the casserole dish, wipe out the frying pan, then fry the pancetta and anchovies until the pancetta is crispy and the anchovies have melted. 2 Add the onions, celery and garlic and cook, stirring occasionally, for 6 to 8 minutes or until the onion is softened. Add the wine and stir with a wooden spoon, allowing to bubble for a minute or so until the sharp alcohol smell disappears. 3 Transfer to the casserole dish with the chicken, add the tomatoes, bay leaves and thyme, and bring to the boil. When it begins to simmer, cover and transfer to the oven for 1 hour, uncovering for the last 20 minutes, then add the olives. The sauce should be fairly thin, but if you prefer it thicker, remove the chicken from the casserole dish, place the casserole dish on the hob and bring the sauce to a boil until it thickens. If freezing, cool then freeze for up to 1 month. Defrost then reheat throroughly. Per serving: 350 calories, 14g fat (3.5g saturated), 7g carbohydrate

#### Chicken and coriander curry

Antioxidant-high cashew nuts have a lower fat content than most other nuts.

PREPARATION TIME: 20 MINUTES, PLUS SOAKING

COOKING TIME: 20 MINUTES SERVES 4



EASY/ PREPARE AHEAD / FREEZE

75g (3oz) raw, unsalted cashew nuts 4 onions, chopped 3tbsp sunflower or groundnut oil 3 green chillies, deseeded and chopped 25g (1oz) fresh coriander, plus extra to garnish 1tsp ground coriander

½tsp ground cumin 6 cardamom pods, crushed 1 cinnamon stick 4 garlic cloves, crushed 25g (1oz) fresh ginger, grated 3 skinless, boneless chicken breasts, cut into chunks wedges of fresh lime, to serve

1 Soak the nuts in 200ml (7fl oz) water for 20 minutes. Fry the onions with 2tbsp of the oil until softened. Blitz the nuts, water, onions, chillies and coriander in a blender.

2 Heat the remaining oil and fry the spices, garlic and ginger for 5 minutes. Add the nut paste and chicken, and cook for 5 minutes. Add 200ml (7fl oz) water and simmer for 15 minutes, or until the chicken is cooked. (You can freeze it for up to 3 months.)

3 Squeeze over some lime juice, garnish with coriander and serve with basmati rice. Per serving: 337 calories, 19g fat (3g saturated), 11g carbohydrate







#### Middle Eastern lamb

Dates contain natural sucrose, glucose and fructose, which give the body energy.

## PREPARATION TIME: 30 MINUTES COOKING TIME: 2 HOURS 30 MINUTES SERVES 6



EASY / PREPARE AHEAD / FREEZE

2tbsp olive oil
1 large onion, chopped
900g (2lb) neck of lamb, cut into chunks
2tbsp seasoned flour
1tbsp ground coriander
½tbsp paprika
½tbsp ground cinnamon
1tbsp ground cumin
400g can plum tomatoes
150g (5oz) pitted dates
3tbsp flaked almonds, toasted
3tbsp fresh coriander, chopped, to serve you will need:

large, lidded heatproof casserole dish

1 Heat the oil and cook the onion until softened. Remove from the pan and set aside. Toss the lamb in the flour, then brown in the same pan on all sides in batches you may need more oil. Return all the lamb, leftover flour and the onion to the pan, and add the spices. Mix, cook for a few minutes, season and add the tomatoes and their juice, dates, and 250ml (9fl oz) cold water. 2 Bring to the boil, cover and simmer very gently for 2 hours 30 minutes. The sauce will have thickened and the lamb will be tender. Cool and freeze for up to 3 months. Defrost then reheat thoroughly. Serve with couscous or rice, and scatter over the almonds and coriander. Per serving: 451 calories, 29g fat (11g saturated), 16g carbohydrate

#### **COUSCOUS KNOW-HOW**

Made from semolina wheat, couscous is rich in vitamin A, a source of potassium and low in calories. It goes well with many ingredients – add chickpeas, cannellini or borlotti beans for texture and protein. For a salad, mix with lemon juice, parsley, mint, coriander and olive oil. Or for a tasty main, add roasted veg and cooked brown lentils.

## Venison casserole with herb dumpings

Venison is a very good source of protein, and is fairly low in saturated fat.

PREPARATION TIME: 30 MINUTES COOKING TIME: 2 HOURS SERVES 6



EASY / PREPARE AHEAD / FREEZE

1.25kg (2lb 12oz) stewing venison, diced 2tbsp seasoned flour 50g (2oz) unsalted butter 1tbsp vegetable oil 2 onions, sliced 2 sticks celery, chopped 3 garlic cloves, crushed 500ml (18fl oz) red wine 150ml (1/4pt) beef or game stock 1tbsp fresh rosemary, chopped 3 bay leaves 3tbsp redcurrant jelly 200g (7oz) redcurrants, stalks removed for the dumplings: 200g (7oz) self-raising flour

large, lidded heatproof casserole dish

100g (4oz) beef or vegetable suet

15g (1/2oz) fresh parsley, chopped

you will need:

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Toss the venison in the seasoned flour. Heat the butter and oil in a large frying pan and sear the meat, in batches, until browned. Transfer to the casserole dish.

2 Fry the onions and celery in the pan until softened, and add to the casserole. Put the garlic, wine, stock and herbs into the pan and bring to the boil, scraping up the meat juices. Pour over the meat, cover with a lid and cook in the oven for 1 hour 30 minutes. Once cooled, the casserole with freeze for up to 3 months. Defrost then reheat thoroughly.

3 Prepare the dumplings by combining the flour, suet, parsley and some seasoning.

the flour, suet, parsley and some seasoning. Stir in 150ml (¼pt) water to make a firm paste. Once the venison is cooked or reheated, stir in the redcurrant jelly, then scatter with the redcurrants. Dot heaped spoonfuls of dumpling paste over the stew. Return to the oven and cook, uncovered, for 30 minutes, until the dumplings are cooked. Per serving: 658 calories, 28g fat (14g saturated), 40g carbohydrate

#### Chilli with avocado salsa

Kidney beans are an excellent source of cholesterol-lowering fibre.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 40 MINUTES
SERVES 6



EASY / PREPARE AHEAD / FREEZE

1tbsp oil

1 large onion, chopped
500g (1lb 2oz) minced beef
400g can chopped tomatoes
420g can kidney beans in chilli sauce
1tsp English Provender Co Very Lazy
Red Chillies, or any chilli paste, or half
a large red chilli, finely chopped
2tbsp soured cream or yogurt
tortilla chips, to serve
for the salsa:

2 avocados, peeled, stoned and chopped juice 1 lemon ½ red onion, diced 4 ripe tomatoes, halved, deseeded and chopped 2tbsp fresh coriander, chopped

- 1 Gently heat the oil in a large saucepan, then cook the onion until softened, not browned. Now add the beef and stir well until it has lost its red colour. Season well. Add the tomatoes, kidney beans and chilli. Just add a dash of chilli - you can always add more later. Bring to the boil, then turn down to a gentle simmer. 2 Let the beef cook for at least 40 minutes. Check the seasoning and add more chilli if you like. Once cooled, the chilli will freeze for up to 3 months. Defrost then reheat thoroughly. Meanwhile, prepare the salsa ingredients. The avocado will keep as long as you toss it well in the lemon juice to prevent it discolouring.
- **3** To serve, pile the chilli into bowls, and combine all the salsa ingredients into another bowl. Top the chilli with the soured cream and serve with the tortilla chips. Per serving: 397 calories, 27g fat (9g saturated), 21g carbohydrate

#### --- SMART IDEA

This chilli is a great freezer standby. Try it with potato wedges, chunky oven chips or boiled rice. Or serve it in a tortilla wrap.



#### Homemade vanilla ice cream

Milk ups your calcium intake to help your bones and teeth stay strong and healthy.

PREPARATION TIME: 5 MINUTES, PLUS 20 MINUTES EACH CHILLING AND CHURNING

**COOKING TIME: 5 MINUTES** 

**SERVES 4** 



EASY / PREPARE AHEAD / FREEZE

3 free-range egg yolks 75g (3oz) caster sugar 225ml (8fl oz) whole milk 150ml (1/4pt) double cream 1tsp vanilla extract

1 Mix the egg yolks and sugar together in a bowl. Heat the milk to scalding, then pour over the yolks, stirring well. Return to the pan and cook over a gentle heat to make a custard.

2 Keep stirring. Once it coats the back of a spoon, remove from the heat and strain into a bowl. Cover the surface with clingfilm, leave to cool, then stir in the cream and vanilla. Refrigerate until very cold, then churn in the machine for 20 minutes. Freeze until required. Per serving: 343 calories, 26g fat (15g saturated), 23g carbohydrate

> Find more freezable dessert recipes, starting on

Homemade vanilla ice cream

## TRUST MAGNET TO GO ONE BETTER

Buying and installing a new kitchen can be a daunting prospect, which is why at Magnet we pay as much attention to the quality of our service as we do the quality of our cabinets. Our comprehensive Full Circle Service plan has been specifically designed to lead you through the entire kitchen design, delivery and installation process and we've recently introduced Smart Care, a unique 12 month, free kitchen check to ensure that one year on, everything is still looking and working as it should. Perfectly.







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### Is for



#### We're talking about bold authentic soups

At GLORIOUS! we believe in doing things differently. We're passionate about bold, unexpected flavours, and unearthing authentic recipes and ingredients from around the world, which come to life as tasty soups, healthy skinny soups and hot pasta sauces.

Soups from around the world to your local ASDA, Morrisons and Sainsbury's.



## Freezer know-how

Feel Good Food Editor Jane Curran gives you the inside track on how to make the most of your freezer, so it comes into its own over the holidays

I think of my freezer as an extension to the storecupboard and, in the run-up to Christmas, it's a great time-saver. Spend a cold weekend day filling the freezer with soups and stews and double up favourites and freeze in two batches – you'll have a ready-meal and help your freezer run more efficiently when full.

#### + GOOD PACKING

Using the right freezer packaging will help prevent freezer burn – those crystals that appear on frozen food due to the cold air getting in – which dries out and ruins the flavour of food. If freezing in plastic bags, squeeze out the air, but leave a little room if you're freezing soups and stews, as they expand a little on freezing. With plastic boxes, use the correct size – don't allow too much of a gap between the food and lid, again to avoid freezer burn. Lakeland (lakeland.co.uk) has a fantastic range of freezable containers.

#### + LABEL, LABEL, LABEL!

At some stage, we all find a foreign body lurking at the back of the freezer with no idea what it is. So make sure that you label everything with its contents, weight – if freezing fruit – and the date.

#### + GOOD FREEZING

Always cool any food fully before packing and freezing, or it will cause the temperature of the freezer to rise. Open-freeze certain items, such as berries, peas and beans, before packing, so that



they don't freeze into big lumps and you can remove the exact quantity needed. Do the same with cakes decorated with cream, as well as meringues, as this will help keep the look intact.

#### + WHAT'S GOOD TO FREEZE?

- + Cheese, though it will only be good enough to cook with. But a bonus for all that leftover cheese from Christmas. Chop or grate and bag up in usable portions.
- + Butter So you always have some to hand.
- + Turkey stock Make yours before Christmas Day simply buy a turkey leg or a couple of drumsticks, simmer in water with vegetables and herbs, strain, reduce until really full-flavoured, then freeze. Watery stocks will still have to be reduced and they take up too much space. Defrost on Christmas Eve.
- Lee cubes Freeze in bags with a splash of soda water, which will stop them sticking together.
- -I- Whole, washed damsons and sloes With sloes, freezing replicates the old tradition of not picking them until after the first frosts so, once thawed, use to make sloe gin without the hassle of having to prick their skins.

#### + WHAT'S IN MY FREEZER?

I tend to freeze fruit that's currently in season but which will be out of season when we're testing recipes at w&h – three months ahead of time! Here are my freezer standbys:

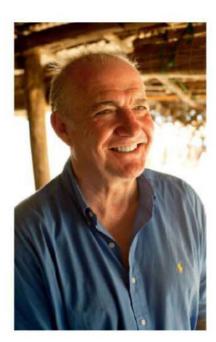
- + Frozen petit pois Great as an extra veg, or for a risotto or soup.
- + Frozen soya beans and whole edamame beans These make a great, instant nibble or snack with drinks.
- + Frozen sweetcorn For a great standby veg, or to make fritters.
- Pre-frozen supermarket nibbles At Christmas, things such as tempura prawns (Sainsbury's has a great range that is good value) are the perfect accompaniment to drinks.
- + All sorts of berries, which can be turned into pie fillings or sauces.
- + Ice cream and sorbet Homemade with a few bought treats too.

#### + WHAT TO POP IN THE FREEZER NOW?

- -- Bread and cranberry sauces, and stuffing Just remember to defrost them the day before.
- + Top-notch vanilla ice cream Perfect served with any pud, or as a dessert in its own right with a hot caramel sauce.
- + Mince pies An essential for when guests pop by.
- -- A soup, casserole or dessert For when you want a break from cooking, but still want a nutritious meal.



For more food storage ideas, inspiration and recipes, visit womanandhome.com.



**"YOU OFTEN READ** OF BANGLADESHIS SAYING THEIR CUISINE IS NOT WORTH MAKING A FUSS ABOUT, THAT IT'S JUST THE SORT OF STUFF THEY COOK AT HOME. BUT I FOUND THE LOCAL FOOD FASCINATING AND GOOD," SAYS RICK. USING FRAGRANT SPICES INCLUDING DIGESTION-AIDING CINNAMON AND TURMERIC, THIS WONDERFUL DISH ALSO HAS A DELICIOUS KICK. THANKS TO THE CHILLIES. WHICH ALSO SUPPLY **IMMUNE-BOOSTING** VITAMIN C.

#### RICK STEIN'S

#### Beef kofta curry

This is the Indian version of Italian meatballs in tomato sauce to be served with spaghetti. In fact, I sometimes serve this with pasta too.

PREPARATION TIME: 45 MINUTES COOKING TIME: 1 HOUR

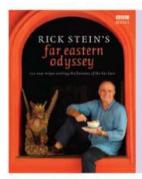
SERVES 6



EASY

2tbsp coriander seeds 1tbsp cumin seeds 2tsp garam masala 11/2tsp kashmiri chilli powder 2tsp turmeric powder 135ml (41/2fl oz) vegetable oil 600g (1lb 5oz) onions, finely chopped 25g (1oz) garlic, crushed 700g (1lb 9oz) minced beef 11/2tbsp beaten egg 8 green cardamom pods 6 cloves 7.5cm (3in) cinnamon stick, broken into smaller pieces 200g (7oz) chopped tomatoes, fresh or from a can 1tbsp tomato purée 24 curry leaves 5 green cayenne chillies, slit open lengthways

- 1 Heat a dry, heavy-based pan over a high heat. Add the coriander and cumin seeds and shake them around for a few seconds until they darken slightly and start to smell aromatic. Tip them into a spice grinder and grind to a fine powder, then mix with the garam masala, chilli powder and turmeric.
- 2 Heat 6tbsp of the oil in a large saucepan. Add the onions and garlic and fry gently for 10 to 12 minutes until soft and lightly browned. Add the ground spices and 1tsp salt and cook gently for another 3 to 4 minutes. Scrape half the mixture into a mixing bowl and leave to cool.
- 3 Add the minced beef, beaten egg and 1tsp salt to the spiced onion mixture in the bowl and mix together well. Shape into approximately 28 golfball-sized pieces and set aside.
- 4 Add the green cardamom pods, cloves and cinnamon stick to the spiced onion mixture left in the pan, together with the tomatoes, tomato purée, 300ml (1/2pt) water, curry leaves, chillies and another teaspoon of salt and bring to a gentle simmer. 5 Meanwhile, heat the remaining oil in a non-stick frying pan. Add the meatballs, in 2 batches if necessary, and fry for 2 to
- 3 minutes, turning them now and then until lightly browned all over. Drop them into the sauce, part-cover and simmer for 20 minutes, carefully stirring every now and then, until the meatballs have set and the sauce has reduced and thickened nicely, then serve.



#### RICK STEIN'S FAR EASTERN ODYSSEY (BBC BOOKS, £25)

This book accompanied the chef's TV series of the same name, during which he visited Bangladesh, Cambodia, Vietnam, Thailand, Malaysia, Bali and Sri Lanka. The book features authentic recipes, such as Malaysian fish curry and Balinese slow-cooked pork, with stunning photography evoking the magic of teeming markets and the aromatic cooking that comes from a Far Eastern kitchen.



## Divine desserts

Christmas wouldn't be Christmas without a delicious pud to look forward to at the end of the meal. Share a heavenly taste sensation with family and friends with our creamy, fruity, chocolatey desserts. They're all bursting with feel good factor, don't try to resist... you deserve a little luxe treat!



#### Chocolate torte with rum

Almonds keep this moist and, due to their vitamin E content, helps skin look youthful.

#### PREPARATION TIME: 30 MINUTES **COOKING TIME: 50 MINUTES** SERVES 12



#### PREPARE AHEAD

200g (7oz) butter, cubed 200g (7oz) good dark chocolate, chopped 4 large free-range eggs, separated 150g (5oz) vanilla sugar 100g (4oz) self-raising flour, sifted 200g (7oz) ground almonds 6tbsp dark rum or Armagnac

#### to decorate:

100g (4oz) good-quality dark chocolate, chopped

6tbsp coffee, nut or elderflower syrup 4-6 sheets edible gold leaf bunch black seedless grapes 20cm (8in) decorative ribbon cocoa or icing sugar, to dust vou will need:

#### 20cm (8in) loose-based cake tin

1 Heat the oven to 170 C, 150 C, 325 F, gas 3. Use a little of the butter to grease the cake tin. To make the torte, melt the remainder with the dark chocolate in a heat-proof bowl over hand-hot water. 2 Whisk the egg whites until they form frothy peaks. Add half the sugar; continue whisking, gradually adding the rest until stiff peaks form. Add the yolks and whisk for a minute more, then the flour, ground almonds and chocolate-butter mix. Fold the mixture together and pour into the tin. 3 Bake for 35 minutes – test the centre with a metal skewer, if sticky, cook for 10 to 15 minutes more until a skewer, when inserted, comes out almost clean. Cool the cake in its tin for 30 minutes, turn out on to a wire rack. While still warm, drizzle with 2tbsp rum or Armagnac; leave for 1 hour more to cool completely. To decorate, melt the chocolate with the syrup in a heat-proof bowl over boiling water. Stir, cool, then stir in the remaining alcohol. Drizzle some of the chocolate syrup over the cake, serving the rest in a bowl alongside. Cover the cake with gold leaf, top with the grapes and tie the ribbon around the stem. Per serving: 500 calories, 33g fat, (14g saturated), 42g carbohydrate

#### Rich coffee, chocolate and mascarpone torte

Containing our favourite antioxidant-rich dark chocolate, just a sliver will do!

#### PREPARATION TIME: 45 MINUTES. PLUS CHILLING

SERVES 12



#### 📖 PREPARE AHEAD

700ml (11/4pt) very strong black coffee 1tbsp Camp Coffee essence 2 x 250g packets Morning Coffee biscuits 125g (41/20z) dark chocolate, grated for the coffee buttercream:

150g (5oz) unsalted butter, softened 250g (9oz) icing sugar, sifted 1tbsp instant coffee granules mixed with 3tbsp hot water, cooled 3tbsp Tia Maria or Kahlúa

#### for the mascarpone cream:

325g (11oz) low-fat cream cheese 1tsp vanilla extract dark chocolate curls, to decorate

- 1 To make the buttercream, put the butter in a mixer and beat on slow until smooth. Beat in the icing sugar. Mix in the instant coffee and 1tbsp of the liqueur.
- 2 Mix together the remaining liqueur, the coffee and coffee essence in a shallow dish. Dip one biscuit at a time into this mixture and lay on a serving dish until you have a base of 8 biscuits, 4 long by 2 wide. Sprinkle a little of the coffee mixture over the biscuits.
- 3 Spread on a thin layer of the buttercream and sprinkle with grated chocolate. Dip the next 8 biscuits in the coffee and continue to build up the layers until you have 10 layers, ending with soaked biscuits. Chill for at least 2 hours.
- 4 Mix together the cream cheese and vanilla and spread over the top and sides of the torte. Decorate with chocolate curls. Per serving: 460 calories, 22g fat, (12g saturated), 62g carbohydrate



#### Chocolate and orange brioche pudding

Eating dark chocolate may stimulate endorphins, which help to reduce stress.

PREPARATION TIME: 30 MINUTES, PLUS OVERNIGHT CHILLING

**COOKING TIME: 25 TO 30 MINUTES SERVES 12** 

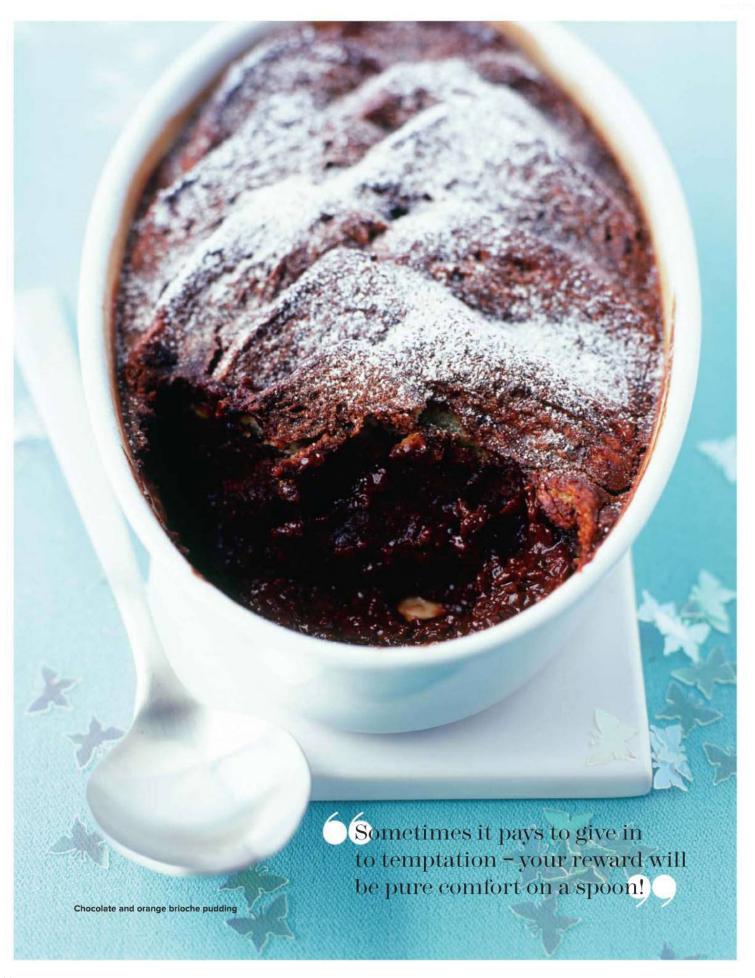


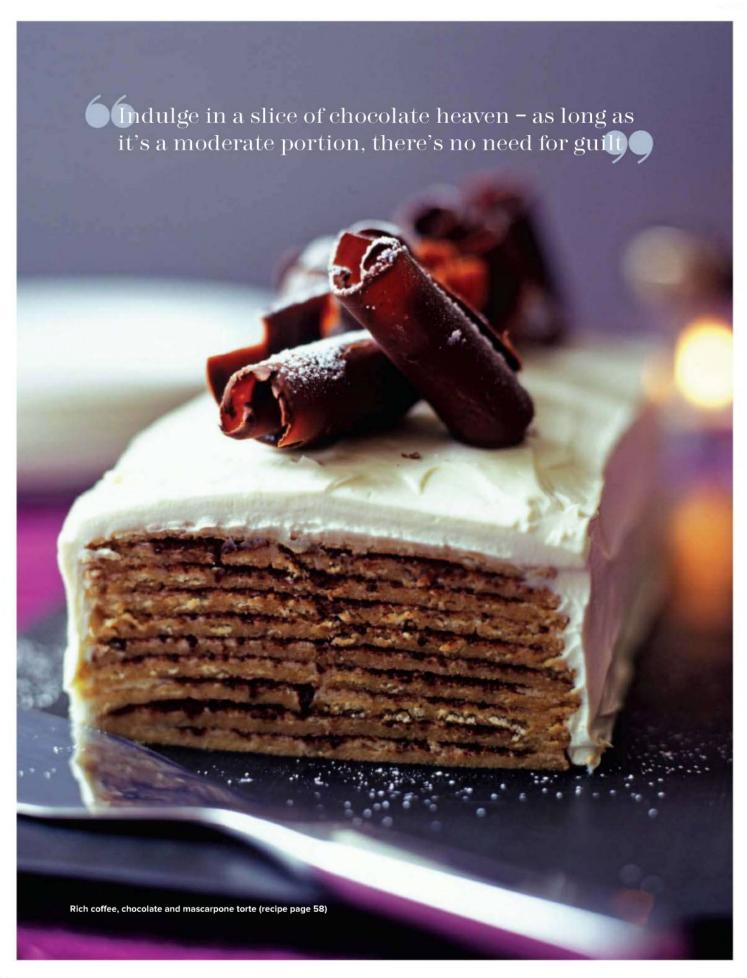
#### PREPARE AHEAD

8 thick slices brioche loaf 400ml (14fl oz) double cream 85g (31/2 oz) butter 150g (5oz) dark chocolate (75% cocoa) 4tbsp Cointreau zest 1 orange 100g (4oz) caster sugar 3 large eggs icing sugar, for dusting you will need:

1.2 litre (2pt) ovenproof dish, buttered

- 1 Cut the brioche slices into triangles and arrange, overlapping slightly, in the ovenproof dish. Put the cream, butter, chocolate, Cointreau, orange zest and sugar in a large bowl over a pan of simmering water until melted. Remove from the heat and stir vigorously.
- 2 In a separate bowl, beat the eggs. Pour the hot chocolate mixture over the eggs and stir, then pour the mixture over the brioche, pressing down to help it go into all the corners. Cover with clingfilm and leave to soak overnight in the fridge.
- 3 When ready to serve, heat the oven to 200 C, 180 C fan oven, 400 F, gas 6. Remove the clingfilm and cook for 25 to 30 minutes until the top has formed a crust but the inside is still gooey. Dust with icing sugar before serving. Per serving: 413 calories, 31g fat (18g saturated), 31g carbohydrate







#### Mulled wine pears and cinnamon parfait

Ginger is a key ingredient in this dish, and stimulates digestion at this indulgent time.

PREPARATION TIME: 30 MINUTES. **PLUS CHILLING** 

**COOKING TIME: 35 MINUTES** 

**SERVES 8** 



#### PREPARE AHEAD

#### for the pears:

600ml (1pt) full-bodied red wine 4 strips orange peel and juice 1 orange

3 cloves

1 cinnamon stick

2.5cm (1in) piece fresh root ginger, peeled and sliced

1 vanilla pod, split lengthways

350g (12oz) caster sugar

8 slightly under-ripe pears, peeled

#### for the parfait:

225ml (8fl oz) golden caster sugar

3 cinnamon sticks, crumbled

8 free-range egg yolks

1tsp ground cinnamon

2tbsp brandy

450ml (15fl oz) double cream

brandy snaps, to serve

#### you will need:

900g (2lb) loaf tin, lined with clingfilm, and a sugar thermometer

- 1 For the pears, place all ingredients, except the pears, in a pan with 600ml (1pt) water. Bring to a boil, then simmer for 5 minutes.
- 2 Add the pears to the syrup, weigh them down with a plate and cover. When cooked, after about 20 minutes, remove from the heat and leave to cool.
- 3 Meanwhile, make the parfait. Place the sugar, cinnamon and 100ml (4fl oz) water in a saucepan over a gentle heat until the sugar has dissolved. Sit the thermometer in the syrup and boil until the temperature reaches 106 C (220 F). Whisk the egg yolks with an electric mixer on high until pale.
- 4 When the syrup has cooled, strain and, with the mixer on high, gradually pour it on the yolks. Beat until cold and treble the quantity. Stir in the cinnamon and brandy.
- 5 Beat the cream; fold into the egg mixture. Mix, pour into the tin and freeze overnight.
- 6 Turn out the parfait, slice and serve with a poached pear and brandy snap. Per serving: 733 calories, 36g fat, (20g saturated), 89g carbohydrate

You can make the syrup a few days in advance and leave in the fridge

#### Citrus and fig fruit salad

This is rich in vitamins and low in fat, but so tasty, you won't feel you're missing out.

PREPARATION TIME: 20 MINUTES,

PLUS CHILLING

**COOKING TIME: 10 MINUTES** 

SERVES 4



EASY / PREPARE AHEAD

juice and finely grated zest 2 limes 100g (4oz) caster sugar

4 star anise

25g (1oz) fresh root ginger, grated 1/4tsp ground allspice

3 large oranges

2 red grapefruit

6 clementines

4 figs

2 pomegranates

- 1 To make the syrup, put the lime juice, sugar, 1 star anise, ginger, allspice and 200ml (7fl oz) water in a saucepan and heat gently until the sugar has dissolved. Remove from the heat and leave to cool.
- 2 Cut away the skins from the oranges and grapefruit. Halve and cut into thin wedges, discarding the central white cores. Peel and slice the clementines. Cut the figs into wedges. Halve the pomegranates, separate the seeds and discard the skin and pith.
- 3 Mix all the fruit in a large serving bowl. Strain the syrup over the fruit and place the remaining star anise on top. Chill for at least 2 hours, or overnight, so the flavours can develop. Serve sprinkled with the lime zest.

Per serving: 226 calories, 0g fat, (Og saturated), 64g carbohydrate

#### Chestnut cheesecake

Need a dessert for gluten sufferers? Just swap the digestives for gluten-free ones.

PREPARATION TIME: 30 MINUTES COOKING TIME: 1 HOUR 10 MINUTES. PLUS CHILLING

**SERVES 16** 



#### PREPARE AHEAD

#### for the base:

250g (9oz) digestive biscuits 50g (2oz) butter

#### for the filling:

500g (1lb 2oz) cream cheese 125g (41/2oz) caster sugar 3 free-range eggs, plus 3 free-range egg yolks 175ml (6fl oz) half-fat crème fraîche 2tsp lemon juice 1tsp vanilla extract

2tbsp brandy

350g (12oz) sweetened chestnut purée maple syrup, to drizzle

#### you will need:

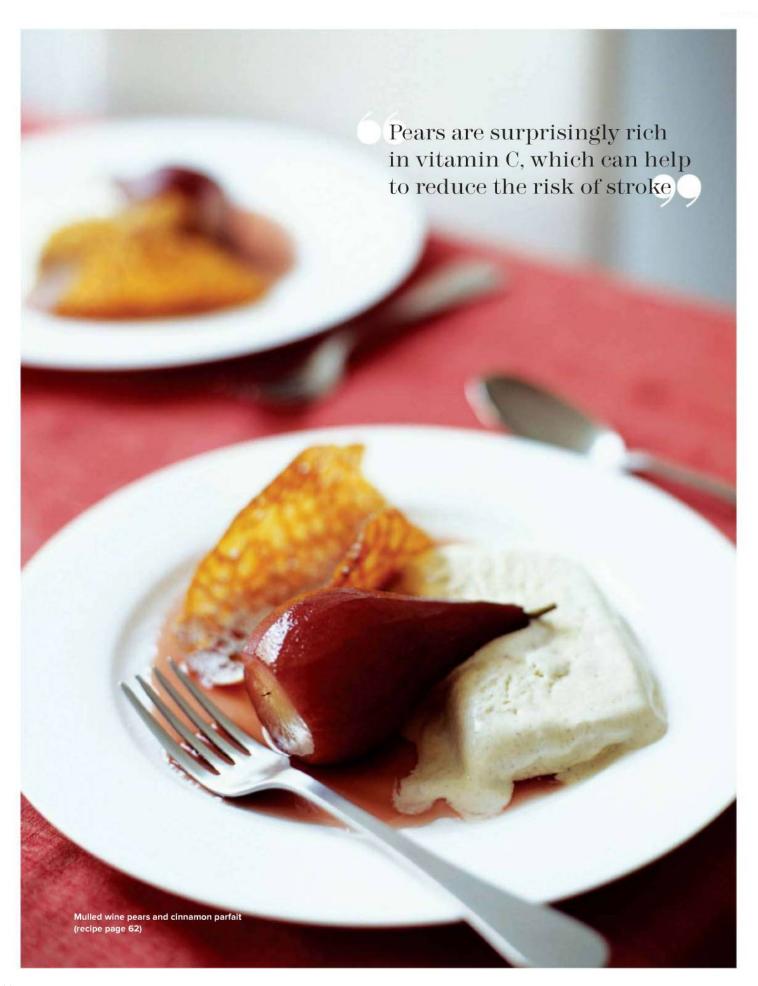
23cm (9in) springform round cake tin

- 1 Heat the oven to 140 C, 120 C fan oven, 275 F, gas 1. For the base, whizz up the biscuits and butter, then press into the bottom of the cake tin and refrigerate.
- 2 Put all the filling ingredients in a food processor, whizz until smooth, then pour on top of the biscuit base.
- 3 Place a roasting tin half-filled with water in the bottom of the oven (the steam will prevent the cheesecake from cracking), then place the cheesecake on the middle shelf. Bake for 1 hour 10 minutes; cool in the fridge. Serve drizzled with maple syrup. Per serving: 352 calories, 25g fat (14g saturated), 28g carbohydrate

#### TRY THIS

Beat sweetened chestnut purée until smooth, then serve with meringues, pancakes or ice cream. The unsweetened variety (Merchant Gourmet has a good one) is a tasty addition when you're making mushroom soup, or try a little mixed into mashed potatoes to serve with steak. Add a little wine and pureé to the cooking juices of roast beef or chicken for a flavourful sauce.









#### Cranberry and apple jelly

Cranberries are known to help treat cystisis and other similar problems.

PREPARATION TIME: 20 MINUTES. PLUS OVERNIGHT CHILLING **COOKING TIME: 15 MINUTES** SERVES 8



EASY / PREPARE AHEAD

350g (12oz) cranberries 35g (11/40z) powdered gelatine 700ml (11/4pt) clear apple juice 200g (7oz) caster sugar juice 1 lemon 200ml (7fl oz) Somerset Pomona liqueur

(blend of cider brandy and apple liqueur) bay leaves, to decorate crème fraîche, to serve

you will need:

1.5-litre (23/4pt) jelly mould

1 Put the cranberries in a saucepan with 500ml (18fl oz) water. Bring to the boil,

reduce the heat and cover with a lid. Cook gently for around 5 minutes until the cranberries are tender.

2 In a bowl, stir the gelatine into 200ml (7fl oz) apple juice and leave to stand for 5 minutes. Line a large sieve with a double thickness of kitchen paper and strain the cranberry mixture through it into a clean pan, pressing the juice out of the pulp with the back of a spoon. Stir in the sugar, lemon juice and remaining apple juice and heat gently until the sugar dissolves. Stir in the gelatine mixture until dissolved. Once smooth, add the liqueur. Pour into the jelly mould and leave to cool. Cover with clingfilm and chill overnight.

3 To serve, dip the mould in a bowl of very hot water for a few seconds and invert on to a serving dish, carefully lifting away the mould. Decorate with bay leaves and serve with a dollop of crème fraîche. Per serving: 217 calories, 0g fat, (Og saturated), 42g carbohydrate

#### Pomegranate and rose water pavlova

Edible rose petals add a pretty finish and may also help to improve blood circulation.

PREPARATION TIME: 15 MINUTES, **PLUS COOLING** 

**COOKING TIME: 1 HOUR** 

**SERVES 10** 



#### for the meringue:

oil, for greasing 3 large free-range egg whites 175g (6oz) caster sugar

#### for the filling:

300ml (1/2pt) double cream 1tbsp rose water 2tbsp soft raspberry jam seeds of 2 pomegranates 50g (2oz) pistachios, shelled icing sugar, to serve rose petals, to decorate

#### you will need:

oven until cool.

baking sheet lined with baking parchment and oiled

1 Heat the oven to 150 C, 130 C fan, 300 F, gas 2. Using a pencil, mark out a circle 20cm (8in) in diameter on the parchment. 2 Place the egg whites in a large, clean bowl and whisk until soft, frothy peaks are formed; don't over-whisk or the eggs will collapse. Add the sugar 1tbsp at a time, whisking after each spoonful, until you have a white glossy mixture. With a large metal spoon, spoon the meringue mixture on to the baking parchment using the circle as a guide. Use the back of the spoon to form peaks to create a border. Turn down the oven to 140 C, 120 C fan, 275 F, gas 1 and bake for 1 hour. Turn off the heat and leave the meringue in the

3 To make the filling, just before serving, whip the cream with the rose water and fold in the jam to create a rippled effect. Spoon into the meringue case and scatter over the pomegranate seeds and pistachios. Dust with icing sugar and serve with rose petals. Per serving: 273 calories, 18g fat (10g saturated), 25g carbohydrate



#### Whisky trifle

This classic dessert is rich and satisfying, so you can keep portion sizes small.

PREPARATION TIME: 20 MINUTES. **PLUS CHILLING** 

**COOKING TIME: 25 MINUTES** 

**SERVES 12 TO 16** 



#### EASY / PREPARE AHEAD

350g (12oz) fresh cranberries 100g (4oz) cranberry or redcurrant jelly 8tbsp whisky 400g (14oz) Madeira cake 50g (2oz) Brazil nuts, chopped 300ml (½pt) thick Greek yogurt 5tbsp clear honey silver balls, to decorate

#### for the custard:

300ml (½pt) semi-skimmed milk 300ml (½pt) double cream 6 free-range egg yolks 2tsp vanilla bean paste or vanilla extract 20g (%oz) cornflour 75g (3oz) caster sugar

1 Put the cranberries, jelly and 2tbsp of the whisky in a pan and heat gently until the jelly has dissolved and the cranberries are beginning to soften - about 5 minutes.

Remove from the heat, turn into a bowl and leave to cool completely.

- 2 For the custard, bring the milk and cream slowly to the boil in a heavy-based saucepan. While heating, beat together the egg yolks, vanilla, cornflour and sugar in a bowl until smooth. Pour the hot cream mixture into the mix, whisking well. Return to the pan and heat very gently, stirring constantly until thickened (6 to 8 minutes). Take care not to boil the custard or it will be spoilt. Once thickened - it has a bit of a jelly wobble - tip it into a clean bowl, cover with clingfilm to prevent a skin forming and leave to cool.
- 3 Break the cake into pieces and scatter half in a large glass bowl. Spoon over half the cranberry mixture and the nuts, then the remaining cake and all but a few tbsps of the cranberry mixture. Tip in the custard. Stir the remaining whisky into the yogurt and honey. Pour on top of the custard and chill for up to 24 hours until ready to serve. Serve with the remaining cranberry mixture drizzled on top and silver balls scattered over.

Per serving: 448-336 calories, 27-20g fat, (15-11g saturated), 42-31g carbohydrate

#### Sticky plum pudding

Make one large pudding and a smaller one to give as a gift - perfect for foodie friends.

PREPARATION TIME: 25 MINUTES. PLUS OVERNIGHT STANDING **COOKING TIME: 8 HOURS** 

#### PREPARE AHEAD

**SERVES 12 TO 14** 

150g (5oz) blanched almonds 100g (4oz) each pitted prunes, dried apricots and pitted dates 350g (12oz) mixed dried fruit 125g (4½oz) light muscovado sugar 100g (4oz) carrots, grated 2 free-range eggs, beaten 100g (4oz) breadcrumbs 50g (2oz) plain flour 1tbsp ground mixed spice 250ml (9fl oz) Guinness or stout 40g (11/2 oz) dark chocolate, grated 100g (4oz) firm butter, plus extra for greasing rosemary sprigs, to decorate caster sugar, for dusting you will need:

1.2-litre (2pt) and 500ml (18fl oz) basins

- 1 Grease the 2 pudding basins and line the bases with greaseproof paper. Scatter 40g (1/2oz) each of the almonds, prunes, apricots and dates into the basins in an even layer (chop the remainder). Cover with clingfilm and leave in a cool place.
- 2 Add the chopped nuts and fruit and mix with the remaining ingredients - except the butter. Grate the butter into the bowl. Stir, cover and leave in a cool place overnight.
- 3 The next day, pack the mixture into the basins. Cover with circles of pleated greaseproof and a circle of foil; secure with string. Place in 2 large saucepans, resting each basin on an upturned saucer. Pour in boiling water to come halfway up the sides of each basin. Cover, steam gently for 5 to 6 hours for the larger pudding; 4 hours for the smaller one, topping up the water when needed. Cool, wrap in greaseproof and foil, ready for reheating. Store in a cool place.
- 4 To serve, steam the puddings in the same way, allowing 2 hours for the large; 11/2 hours for the small. Loosen the sides, invert on a plate, decorate and dust with the sugar. Per serving: 391-335 calories, 17-14g fat, (6-5g saturated), 56-48g carbohydrate

#### CHOOSE THE BEST + Pudding wines

#### + JUST DESSERTS AND WINE

For a special occasion, it's a real treat to serve a sweeter wine with dessert or a show-stopping cake. But where do you start in choosing one?

- + Although dessert wines are referred to as sweet, it can put people off. Many have a hint of sweetness, which is balanced by a refreshing acidity, especially with the top "stickies" as the Aussies call them, such as those from Bordeaux and the Loire Valley. The other options are the fortified wines, such as sweeter sherries, ports and Madeira, and finally sweeter sparklers either from Champagne or Asti. Here are some general hints and tips to get you on your way to tasting some of the wine world's greatest treasures during the festive season. Most of them represent good value for money, too. Remember that all sweet wines should be served chilled, including sherry.
- + Christmas pudding: a sweet sherry goes well, as does a tawny port. Some of the Australian Muscats, such as Brown Brothers, are a good match.
- Chocolate: notoriously tricky, but a Pedro Ximénez sherry, which is dark, rich and almost treacley, is great.
- + Christmas cake: again the sweeter sherries work well, although you could splash out on Sauternes or a sweet Vouvray from the Loire Valley.

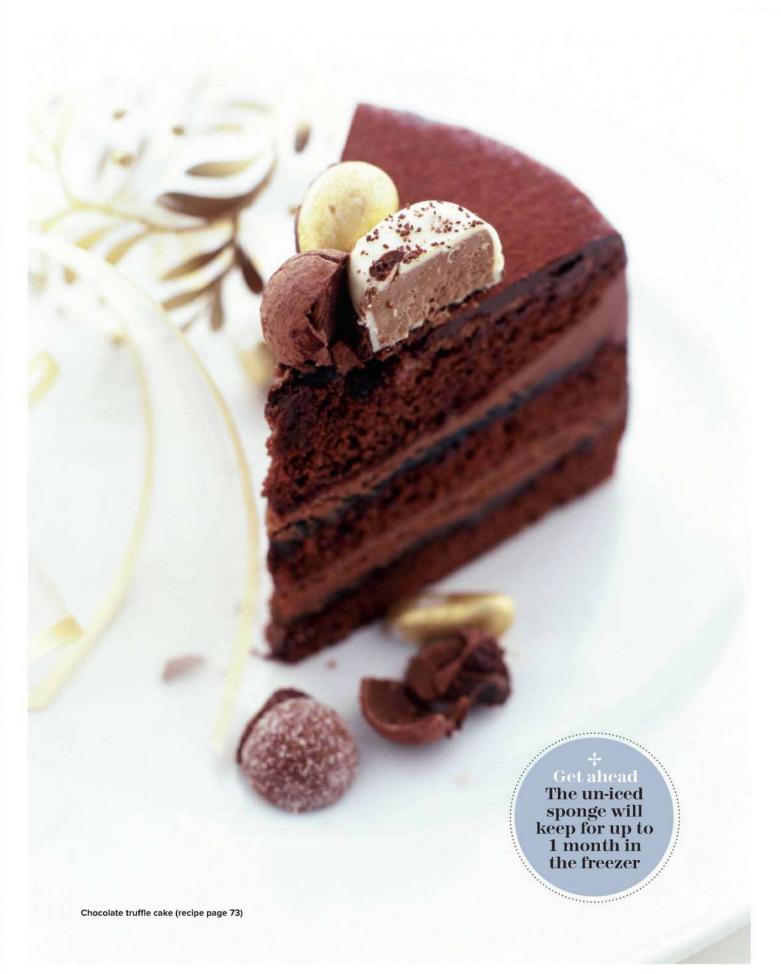
Our Sticky plum pudding brings such joy to those who eat it, plus a feel good dose of potassium helps to regulate blood pressure



Sticky plum pudding

Zingy cranberries cut through the trifle's sweetness – which is less sinful than it looks, with yogurt rather than cream







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# Chocolate truffle cake

So easy, so delightful - simply use the yogurt pot as a measure in this recipe.

PREPARATION TIME: 30 MINUTES **COOKING TIME: 40 MINUTES** SERVES 10 TO 12



# PREPARE AHEAD

120g pot natural yogurt 1 x yogurt pot sunflower oil 2 x yogurt pots caster sugar 3 large free-range eggs 21/4 x yogurt pots self-raising flour 3/4 x yogurt pot cocoa powder 1tsp baking powder

### for the ganache:

175g (6oz) dark chocolate, chopped 130ml (41/2fl oz) double cream

### for the buttercream:

55g (21/80z) butter, softened 85g (31/2 oz) icing sugar 25g (1oz) cocoa powder, sifted 1tbsp milk (optional)

# for the topping:

chocolate truffles

## you will need:

18cm (7in) loose-based sandwich tin, bottom lined and oiled

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Using a hand whisk, beat the yogurt, oil, sugar and eggs, then fold in the flour, cocoa, baking powder and a pinch of salt. Pour the mixture into the tin and bake in the middle of the oven for about 40 minutes, until risen and a skewer inserted into the middle of the cake comes out clean. Remove from the tin, cool on a wire rack. 2 Make the ganache. Put the chocolate into a saucepan with the cream and heat gently. Stir until the chocolate has melted. 3 While the ganache cools slightly, make the buttercream. With an electric whisk,

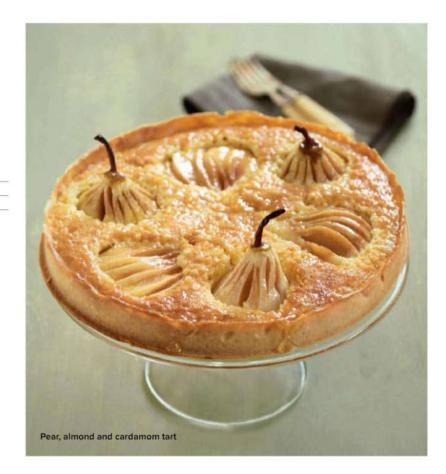
4 Once the cake has completely cooled, slice it horizontally into 3 layers. Using a palette knife, spread the bottom layer first with a layer of ganache, then buttercream. Add the second cake layer on top; repeat the process. Lay the final cake layer on top, spread with ganache on top and down the sides. Top with chocolate truffles. Per serving: 486-405 calories, 28-23g fat,

(12-11g saturated), 55-46g carbohydrate

beat together the butter, icing sugar and

cocoa powder, adding milk to loosen the

mixture if necessary.



# Pear, almond and cardamom tart

Warming spices and protein-rich almonds make this a delicious end to any meal.

PREPARATION TIME: 40 MINUTES. PLUS CHILLING **COOKING TIME: 45 MINUTES** SERVES 10 TO 12

# PREPARE AHEAD

175g (6oz) plain flour 100g (4oz) lightly salted butter, diced 50g (2oz) icing sugar 2 free-range egg yolks

# for the filling:

100g (4oz) blanched almonds 15 cardamom pods 100g (4oz) lightly salted butter, softened 100g (4oz) caster sugar zest 1 lemon, grated, plus 2tbsp juice 3 free-range eggs, beaten 35g (11/4oz) plain flour 5 small pears, peeled and core intact 4tbsp pear conserve (try Waitrose) you will need:

# 25cm (93/4in) loose-based tart tin, baking

beans and parchment 1 Put the flour and butter in a food

processor and blend until they resemble fine breadcrumbs. Add the icing sugar,

egg yolks and 1tsp cold water, and blend to form a dough. Tip on to a floured surface and shape into a smooth ball. Wrap the pastry in clingfilm and chill for at least 1 hour. 2 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Roll out the pastry on a floured surface and use to line the tart tin. Bake blind for 15 minutes; lift out the beans and paper, slide on to a baking sheet. Reduce the oven to 180 C, 160 C fan, 350 F, gas 4. 3 Blend the almonds in a food processor until finely ground. Crush the cardamom pods using a pestle and mortar; discard the shells and grind the seeds a little more. In a bowl, beat the butter, sugar, cardamom seeds and lemon zest until pale and creamy. Gradually beat in the eggs, then stir in the almonds and flour to make a thick paste. Pour into the pastry case. 4 Make cuts around 3 pears and roll in 1tbsp lemon juice. Halve and core the remaining pears (you'll need 3 halves), make cuts down the length and roll in lemon juice. Sit in the pastry case and bake for 30 minutes until filling is just firm. 5 Press the conserve through a sieve into a pan and stir in the remaining lemon juice. Heat gently and use to glaze the tart. Per serving: 414-316 calories, 25-21g fat, (12-10g saturated), 42-35g carbohydrate

# Forest fruit crunch

This super-quick pud is packed with cancer-fighting berries.

PREPARATION TIME: 10 MINUTES

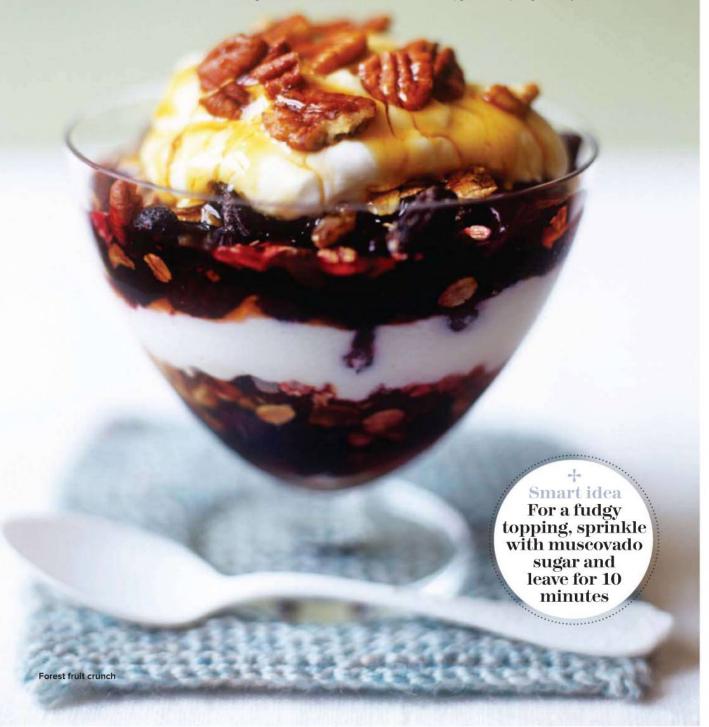
**SERVES 8** 

**EASY** 

500g (1lb 2oz) frozen forest fruits or fresh berries 250g (9oz) muesli 130ml (4½fl oz) maple syrup 500g (1lb 2oz) fromage frais 50g (2oz) pecan nuts, roughly chopped you will need:

8 glass dessert dishes

Place half the fruit in the dishes. Add some muesli and maple syrup, then a layer of fromage frais, followed by another layer of fruit, muesli and maple syrup. Finally, add a spoonful of fromage frais, sprinkle over the nuts and drizzle with the remaining syrup. Per serving: 217 calories, 7g fat (1g saturated), 36g carbohydrate



# Mini marvellous

Create small masterpieces with perfect oven-to-tableware for your festive dining

hile a traditional Christmas pudding is at the heart of the festive table, it's always nice to offer guests an alternative. Chocolate is a favourite – and what better to serve after turkey and all the trimmings than a mini pud?

Pyrex has the perfect solution for single-serve portions, with its Pyrex Minis range of glassware. As with traditional Pyrex ovenware, Pyrex Minis withstand temperatures of up to 300°C, are suitable for the oven or microwave, and for storage in the fridge or freezer – and they also come with a 10-year guarantee.

These practical Pyrex Minis are attractive enough to serve at the table and great for individual puddings, savouries, starters or even one-portion mini main courses.





# Mini chocolate fondant puddings

Deliciously decadent, with oozing, melting centres, these gorgeous foolproof puds are guaranteed to impress your dinner guests

PREPARATION TIME: 15 MINUTES COOKING TIME: 21 MINUTES

**SERVES 4** 

Melted butter, for greasing Cocoa powder, for dusting 250g (9oz) dark chocolate (70% cocoa solids) 200g (7oz) unsalted butter 350g (12oz) caster sugar 1tsp vanilla extract

4 large free-range eggs

175g (6oz) plain flour, sifted

Pinch of salt

YOU WILL NEED:

4 Pyrex Mini dishes

1 Heat the oven to 180°C, 160°C fan, 350°F, Gas 4. Brush the dishes with melted butter, and dust with cocoa, shaking out the excess. 2 Melt the chocolate and butter gently in a pan. Take off the heat, stir in the sugar and vanilla and allow to cool a little.

**3** Whisk the eggs into the mixture a little at a time, then fold in the flour and a pinch of salt and mix until smooth.

**4** Pour into Pyrex Minis, filling two-thirds full. Cook on the middle shelf for 21 mins. Remove from the oven, run a knife around the edges and invert on to a plate.

FOR MORE INFORMATION Available in store at Tesco and online at www.tescodirect.com. For details on Pyrex products, recipes and general information, visit www.pyrexuk.com





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# NIGEL SLATER'S

# Apfelstrudel

There is apple in neat, thin slices, golden sultanas the size of pistachios, the warm Christmastide note of ground cinnamon and drift upon drift of snow-white icing sugar. There are crisp leaves of pastry and, should I feel the need, a little pot of whipped cream at its side. I have coffee too, in a tiny, thick-sided cup, and a newspaper on a stick of which I can read barely a single word.

In Germany and Austria I have been offered cream, custard and ice cream with my hot strudel. It's a hard decision to have to make. I generally take it without any accompaniment, then regret it, wishing I had gone for the vanilla ice cream. The addition of a little apricot jam in the filling is purely mine and not at all traditional.

PREPARATION TIME: 55 MINUTES **COOKING TIME: 35 MINUTES** SERVES 6



# PREPARE AHEAD

# for the filling:

sweet apples - 800g the zest and juice of a lemon apricot jam - 3 tablespoons caster sugar - 50g a pinch of ground cinnamon golden sultanas - 50g flaked almonds - 50g

for the pastry:

butter - 150g fresh white breadcrumbs - 80g filo pastry - 10 sheets icing sugar, for dusting

- 1 Peel, core and quarter the apples, then cut each quarter into very thin slices. Toss them with the lemon zest and juice, the jam, sugar and the cinnamon. Add the sultanas and flaked almonds. Set the oven at 200 C, 180 C fan, 400 F, gas 6.
- 2 Melt the butter in a small frying pan, then pour a good half of it into a small bowl. Add the breadcrumbs to the butter remaining in the pan and fry them till they are golden and crisp. Tip them out on to a piece of kitchen paper.
- 3 Place a large sheet of greaseproof paper or a clean tea towel on a work surface. Place two sheets of filo side by side, long sides slightly overlapping. Brush with some of the melted butter and scatter over two heaped tablespoons of the toasted breadcrumbs. Place another two sheets of pastry on top but in the opposite direction. Brush them too with butter and breadcrumbs and continue, alternating the direction of the pastry each time, until all ten sheets are used up. Scatter any remaining breadcrumbs over the top sheet of pastry.
- 4 With the long edge of the pastry nearest you, pile the apple filling on to the nearest third of the pastry. Make sure the edge is well buttered, then roll up the pastry into a fat sausage, keeping the filling in place as you roll.
- 5 Squeeze the open edges together to seal the filling inside. Slide it on to a flat baking sheet. Brush with butter and bake for 30 minutes or so, till the pastry is thoroughly crisp. Dust with icing sugar and serve.



# NIGEL SLATER'S TENDER: VOLUME II, A COOK'S GUIDE TO THE FRUIT GARDEN (FOURTH ESTATE, £30)

With over 200 recipe ideas and many wonderful stories from the garden, this is a celebration of cooking from one of Britain's finest food writers. Look out for gorgeous bakes, luxurious desserts and even the odd pot of jam. "I started to use fruits in new ways too," says Nigel, "from a weekday supper of pork chops with cider and apples to a Chinese Sunday roast with spiced plum sauce."



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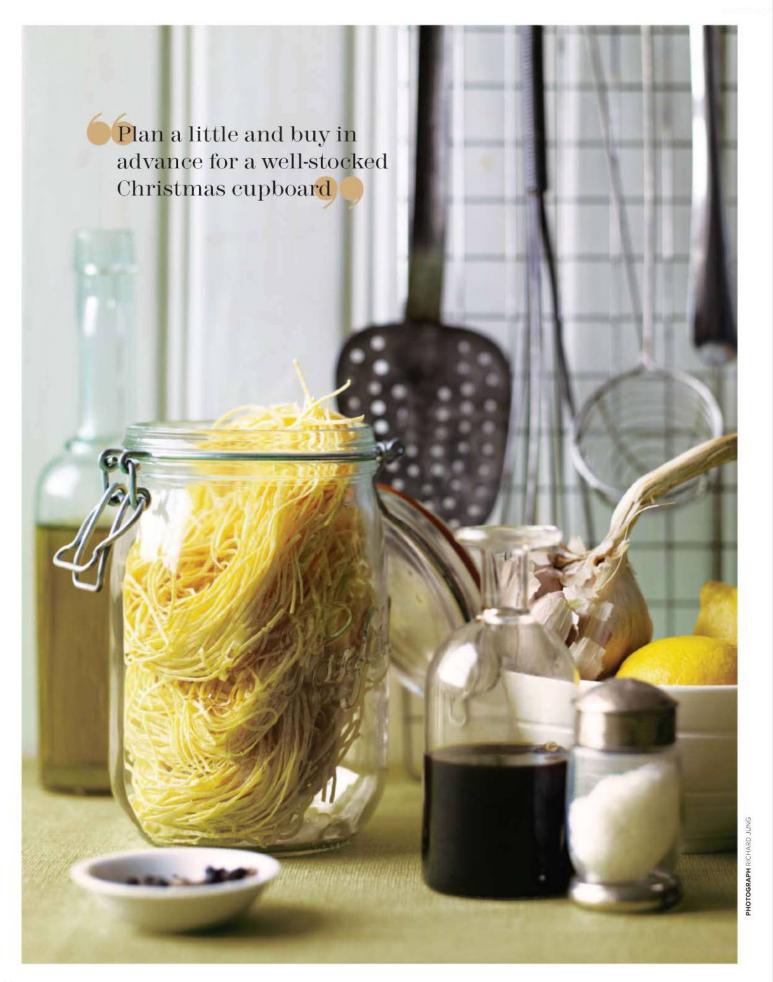
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# Cupboard essentials

When we say storecupboard, we mean the fridge and the freezer as well. Rebecca Smith helps you get organised for the Christmas rush

A well-thought-out storecupboard is a joy and, if you keep on top of it, you'll never be without an instant meal. It's amazing what you can come up with if you have the right combination of ingredients to hand and, at this time of year when we seem to be constantly feeding people, your storecupboard can be your salvation.

The following is a guideline to my ideal storecupboard. It's a mixture of the everyday, and a couple of more unusual products, which I've picked up when browsing through specialist shops.

### + CANS AND JARS

Invaluable for quick sauces and to smarten up pasta, meat, fish and even salads. I always have:

- -I- Tinned tomatoes I prefer the chopped rather than the plum variety, as I think you get more tomatoes.
- + Tinned beans and pulses, particularly chickpeas and borlotti beans. They work brilliantly in Middle Eastern or Mexican dishes.
- -:- Top-notch tinned fish, such as anchovies and tuna in olive oil. Look for Spanish brands they are excellent.
- -I- Horseradish, mustards and good-quality mayonnaise particularly important at Christmas for turkey and ham sandwiches.

# + FOR BAKING

- -- Flours Plain and self-raising and, if you're a bread fan, strong flour. Decant into storage jars to keep away the weevils.
- + Sugars Caster, dark muscovado, soft light brown and icing sugar will cover all your bases.
- + Dark chocolate Around 55 per cent cocoa solids is perfect try our favourite brand, Menier.
- -!- Unsalted butter Freezes fantastically and should never be substituted with margarine!

## + PACKETS

- -I- Rice Always have basmati and long-grain to hand. Other good all-rounders are arborio (for risotto), Thai jasmine and Camargue red rice, which is wonderful for salads.
- -I- Pasta Shape is really down to preference, but I'm a die-hard spaghetti and linguine girl. Mixed with nothing more than fried garlic, anchovies, capers and olive oil, you have a perfect supper that only needs a scattering of chopped parsley.
- -1- Noodles Soba, udon, rice or egg noodles are great for bulking out soups and stir-fries, and are ready in the blink of an eye.
- -I- Lentils French Puy lentils for soups and stews (and I've just discovered the ready-cooked ones by Merchant Gourmet), orange lentils for soups, and yellow split peas for dhal.

# + SPICES AND SAUCES

If you have a well-stocked spice cupboard, there's no excuse to ever have just an average meal. I use at least one from the list below every day and, if you're watching your weight, spices are a godsend, as they add flavour with no calories. Just remember to update them regularly – they go stale after a few months.

# I can't live without:

- + Cumin Both the ground and seed varieties.
- + Coriander Again, the ground and whole versions.
- + Smoked paprika Essential if you like Spanish dishes.
- -- Moroccan spice mixes I love ras el hanout, berbere and chermoula look for Bart Spices in supermarkets.
- -1- Turmeric No curry-lover's cupboard should be without it!
- + Cinnamon Ground for baking and sticks for cooking.
- + Chilli powder Use in Caribbean, Indian and Mexican recipes.
- + Star anise Simmer one in homemade stock for extra flavour.

# And the rest:

- + Soy sauce, Thai fish sauce, pomegranate molasses, Tabasco, Vietnamese chilli sauce, Worcestershire sauce.
- -I- Vinegars Aged balsamic, Japanese rice, red and white wine, cider and sherry.
- -- Oils Extra-virgin and blended olive, sunflower and sesame.

# + FOR THE HOLIDAYS

Christmas cooking can be very different to the rest of the year, so stock up with these essentials now and you won't go wrong.

- --- Cranberries They freeze beautifully, so get yours before the rush. Use to make chutney and relish, stir into cake mixes or add colour to tarts and nut roasts.
- -I- Bacon Both streaky for pigs in blankets and back bacon for sarnies, it will freeze for ages and is perfect for an instant snack. Make sure it's British and from free-range pigs.
- -- Chestnuts Tinned, whole varieties are wonderful for roasting or frying in butter as a snack, or to add to vegetable dishes.
- -!- Mixed nuts The easiest nibble ever, just make sure you decant into an airtight container, or freeze, to keep them fresh.
- -: Frozen pastry Puff or shortcrust, this is the ultimate standby for quick tarts, pies and canapés.
- -I- Chutneys and relishes Liven up cheese and cold meats with the addition of a sweet-sharp chutney.

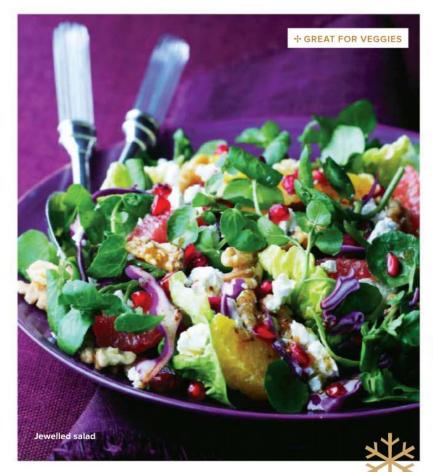


For inspiring storecupboard recipe ideas, visit womanandhome.com.

# Party with friends

Spending time with the special people in your life doesn't have to mean being stuck in the kitchen, slaving away. Use our clever ideas for a drinks party, buffet and sit-down meal, and you can be a domestic goddess *and* have time to be a social butterfly. You'll conjure up impressive canapés, a help-yourself feast and a classy dinner with ease – so go on, invite them over!





# Parsnip and mustard gratin

High-fibre parsnips make a delicious alternative to the usual potatoes.

PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR SERVES 8



900g (2lb) parsnips, peeled and cut crossways into 3mm (½in) thick slices 4tbsp wholegrain mustard 350ml (12fl oz) double cream extra virgin olive oil, for greasing 75g (3oz) Parmesan cheese, grated

- **1** Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Bring the the parsnips to a boil in a large pan, cook for 2 minutes, then drain.
- 2 Mix together the mustard and cream, and season. Oil the base and sides of a large ovenproof dish and layer half the parsnip slices, then pour over half the cream mixture. Repeat the process.
- **3** Bake towards the top of the oven for 45 minutes, then scatter with the cheese and cook for a further 15 minutes until hot, bubbling and golden.

Per serving: 331 calories, 28g fat, (17g saturated), 15g carbohydrate

# Jewelled salad

Crisp red cabbage has twice the amount of vitamin C than its white counterpart.

# PREPARATION TIME: 20 MINUTES SERVES 6

# EASY / PREPARE AHEAD

1/2 red cabbage, finely shredded
2 ruby oranges, segmented and any
juice saved for the dressing
2 little gem lettuces, cut into wedges
1 pink grapefruit, segmented
small bunch watercress
handful walnut halves
1 pomegranate, seeds removed
150g (5oz) rindless goats' cheese,
crumbled

# for the dressing:

3tbsp extra virgin olive oil 2tsp honey 1tbsp red wine vinegar 2tsp wholegrain mustard 2tbsp parsley, finely chopped ½tsp each cinnamon and ground ginger ½ orange, zested

**1** Arrange the cabbage, orange, lettuce, grapefruit, watercress, walnuts and pomegranate seeds on a large plate.

**2** Whisk together the dressing ingredients, season and whisk again. Drizzle over the dressing, top with the cheese and serve. Per serving: 246 calories, 18g fat (6g saturated), 12g carbohydrate

# Stilton tart

Rich and decadent, but the strong cheese means a small slice will satisfy any cravings.

PREPARATION TIME: 20 MINUTES, PLUS CHILLING

COOKING TIME: 55 MINUTES

SERVES 10

EASY / PREPARE AHEAD

# for the pastry:

200g (7oz) plain flour 1tsp ground nutmeg 150g (5oz) butter, diced 2 free-range egg yolks

# for the filling:

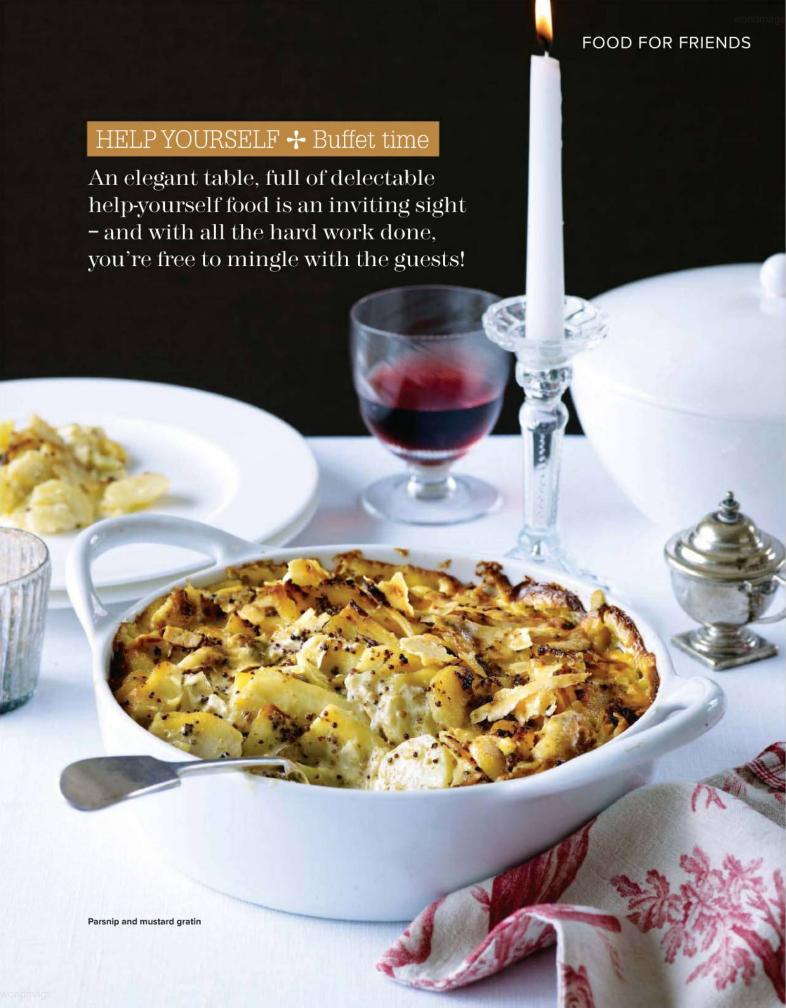
2 medium leeks, thinly sliced 25g (1oz) butter 3 free-range eggs 150ml (1/4pt) single cream 150ml (1/4pt) semi-skimmed milk 250g (9oz) creamy Stilton cheese 5tbsp parsley, chopped, extra to serve you will need:

28cm (11in) loose-based tart tin, baking parchment and baking beans

- 1 Make the pastry put the flour, nutmeg and butter in a food processor and blend until the mixture resembles breadcrumbs. Add the egg yolks and enough water (about 1tbsp) to knead into a smooth dough. Chill for at least 30 minutes.

  2 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Roll out the pastry and use to line the tart tin. Line with baking parchment and baking beans; bake blind for 15 minutes. Remove the paper and beans, bake for a further 5 minutes, then reduce the oven to 180 C, 160 C fan, 350 F, gas 4.

  3 Fry the leeks in the butter for 2 minutes to soften. Add to the pastry case. Reat the
- to soften. Add to the pastry case. Beat the eggs with the cream and milk, season and pour into the pastry case. Crumble over the Stilton, scatter with the parsley and bake for about 40 minutes until lightly set. Serve sprinkled with the extra parsley. Per serving: 246 calories, 18g fat (6g saturated), 12g carbohydrate





## Smoked salmon kedopree

Boost this dish's nutritional value by substituting brown for white basmati rice.

PREPARATION TIME: 10 MINUTES COOKING TIME: 15 MINUTES SERVES 6

**✓** EASY

700g (1lb 9oz) lightly smoked salmon fillets, skinned
150ml (¼pt) semi-skimmed milk
6 free-range eggs
300g (10oz) basmati rice
75g (3oz) lightly salted butter
1 bunch spring onions, sliced
2tsp coriander seeds, crushed
2tsp cumin seeds, crushed
2tsp yellow mustard seeds
1 green chilli, deseeded and sliced
6tbsp coriander, chopped
2tbsp lime juice, plus lime wedges

1 Put the salmon and milk in a large pan, bring to the boil, then reduce to a simmer. Cover and cook for 5 minutes, until the fish is cooked. Drain the fish, reserving the milk.

2 Boil the eggs for 6 minutes, then drain. Cook the rice until just tender.

3 Rinse the frying pan. Melt half of the butter in it and fry the spring onions, crushed spices, mustard seeds and chilli for 2 minutes, then stir in the rice and coriander. Shell and quarter the eggs. Flake the fish and add to the pan with the eggs and a little of the reserved milk to moisten. Season lightly, bearing in mind that the fish will already be quite salty.

4 Stir the ingredients together and heat

through for 2 minutes. Melt the remaining butter and stir in the lime juice. Pile the kedgeree on to a serving plate and drizzle over the lime butter. Serve with lime wedges on the side.

Per serving: 543 calories, 23g fat (9.5g saturated), 43g carbohydrate

Try this
In a hurry?
Don't poach
fish, use cooked,
smoked mackerel
fillets instead



# Salmon en croute

The polenta in this recipe stops the pastry from becoming soggy.

PREPARATION TIME: 35 MINUTES, PLUS CHILLING

**COOKING TIME: 45 MINUTES SERVES 8** 



# PREPARE AHEAD / FREEZE

2 salmon fillets, skinned, from a whole salmon around 800g to 1kg (1lb 12oz to 2lb 4oz) around 750g (1lb 10oz) puff pastry 400g (14oz) spinach zest 2 lemons 3tbsp crème fraîche 2tbsp polenta or cornmeal 1 free-range egg, beaten

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Trim off the tail end of the salmon fillets. Cut off a quarter of the pastry (chill the rest) and thinly roll out on a floured board, until just larger than one fillet. Place the pastry on a baking sheet, bake for 10 minutes, remove from the oven and flatten gently with a fish slice. Bake for another

5 to 10 minutes until golden, then cool. 2 Heat a pan and add the spinach, tossing continuously to prevent it catching. When wilted, squeeze out any excess water and put in a bowl. Stir through the lemon zest and crème fraîche. Season well. Set aside. 3 Sprinkle the pastry base with the polenta and put one fillet, skinned-side down, on top. Season the fish, spread the spinach mixture evenly over it, making a peak in the centre, and top with the other fillet, skinned-side down again. Season again. Roll out the remaining pastry to about the thickness of a £1 coin. Brush the edges with the beaten egg and lay over the salmon, egg-washed side down. Tuck the edges under the base. The egg wash should stick the edges and form a seal. If the base is crumbling, use a fish slice to hold it up while you tuck in the pastry. 4 Scallop the edges by pushing back the pastry with a wooden spoon handle, held between your first and middle finger, and brush all over with the beaten egg. Chill for at least 30 minutes. Glaze with the egg wash again and bake for about 30

minutes, covering the pastry with foil if

it starts to become too dark. Serve with green veg and new potatoes, or freeze for up to one month wrapped in foil. If cooking from frozen, heat the oven to 220 C, 200 C fan, 425 F, gas 7, and cook straight from the freezer for around 1 hour, covering with foil after 30 minutes. Per serving: 565 calories, 35g fat (13g saturated), 36g carbohydrate

# Spinach, ricotta and tomato tart

Used in homeopathy and Chinese medicine, nutmeg also aids digestion.

PREPARATION TIME: 25 MINUTES **COOKING TIME: 30 MINUTES SERVES 8** 

# PREPARE AHEAD / FREEZE

1tbsp olive oil 2 shallots, finely sliced 2 garlic cloves, crushed 150g (5oz) frozen spinach, defrosted pinch of freshly grated nutmeg 400g (14oz) ricotta 50g (2oz) Parmesan, grated 2 free-range eggs, plus 1 free-range egg yolk 375g (13oz) pack ready-rolled shortcrust 190g jar Sacla oven-roasted tomatoes, drained

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Heat the oil in a frying pan over a low heat and cook the shallots for 5 minutes. Add the garlic and sauté for a further 2 minutes. Increase the heat, stir in the spinach and nutmeg, and season. Cook and keep stirring until all the liquid has evaporated from the spinach. Remove from the heat. Stir in the ricotta and half the Parmesan, then add 1 egg and the egg yolk. Combine thoroughly.
- 2 Unroll the pastry on to a baking sheet and spoon the filling on top, leaving a wide border. Gather up the pastry border to enclose the filling.
- 3 Beat the remaining egg and use it to brush the pastry. Top the filling with the tomatoes, then scatter the tart with the remaining Parmesan. Bake for 30 minutes, until golden.

Per serving: 390 calories, 27g fat (10g saturated), 25g carbohydrate







# Manchego and quince

Quinces, used to make membrillo, are a source of iron, fibre and vitamin A.

# PREPARATION TIME: 10 MINUTES MAKES 24



375g (13oz) Manchego (Spanish sheep's milk cheese)

240g pack membrillo (quince paste) you will need:

24 cocktail sticks

Cut the cheese into 2cm (¾in) cubes. Take the membrillo out of the packet, trim the edges so it's square, then cut into pieces roughly half the height of the cheese. Place a piece of membrillo on top of a piece of manchego and pop on to a cocktail stick. Serve grouped on a large platter. Per serving: 90 calories, 5g fat (3.5g saturated), 7g carbohydrate

# MAKE THE BEST + Hot drinks

# Warming, spiced tipples

Welcome your guests into your home with the enticing smell of spices, wafting from these gorgeously warming drinks.

# + MULLED WINE

Pour a bottle of medium to full-bodied red wine into a large saucepan and heat gently. Add 2 oranges, which have been studded with cloves and cut into quarters, to the wine, with some grated nutmeg, 25ml (ffl oz) brandy, 200g (7oz) sugar and some water. Heat through, until the sugar melts, then serve in heat-resistant glassses with a cinnamon stick.

## + RUM PUNCH

Add 50ml (2fl oz) each **rum** and **cognac**, 25ml (1fl oz) **fino sherry**, a dash of **sugar syrup** and 2tbsp **lemon juice** to a

warmed jug. Top up with very hot water, stir and pour into mugs. Sprinkle over some ground **cinnamon** or grated **nutmeg** and serve.

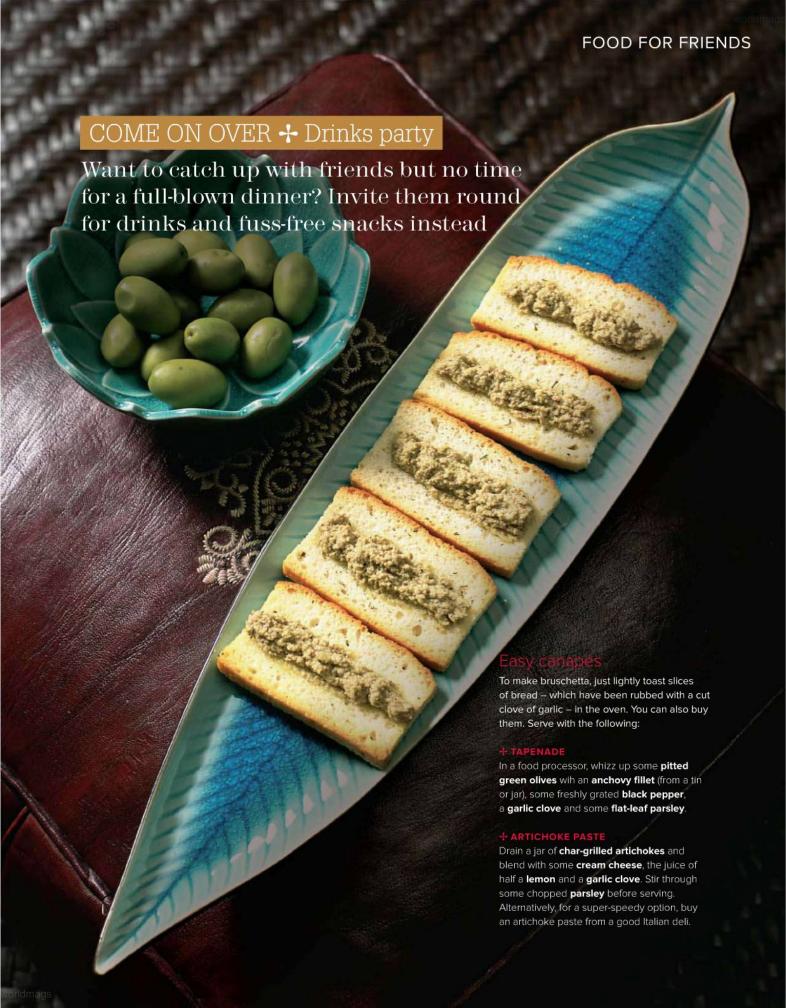
# + IRISH COFFEE

Make around one mug of **coffee** per person, and pour into heat-resistant glasses. Add 1tsp **sugar** and 25ml (1fl oz) **whisky** to each glass, and top with lightly whipped **cream** before serving.

# + SPICED FRUIT PUNCH

Place 600ml (1pt) each **orange** and **apple juice**, 150ml (1/4pt) water, 1/2tsp each **ground ginger** and **mixed spice** into a saucepan. Bring to the boil, then simmer for 5 minutes. Serve in punch glasses with **apple** and **orange slices**.









# Mini Brie and cranberry croque monsieur

Devilishly delicious, but in a portion so small you can tuck in (almost) without any guilt.

PREPARATION TIME: 5 MINUTES COOKING TIME: 5 MINUTES MAKES 24



EASY / PREPARE AHEAD

8 slices regular white bread, crusts removed and buttered 3tbsp cranberry sauce 150g pack Brie, sliced little olive oil

- 1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Spread half the bread with the cranberry sauce and top with the Brie. Sandwich with the remaining bread. (You can make them until this stage, then put in the fridge until your guests arrive.) Place on a baking tray, drizzle with a little olive oil and cook in the oven for 4 to 5 minutes until golden.
- 2 Leave for 5 minutes, then cut each sandwich in half, and then each half into 3. Serve immediately. Per serving: 55 calories, 3g fat

(1.5g saturated), 6g carbohydrate

a jar with the beans for a taste of the Med

Smart idea

Blitz sun-dried

tomatoes from

# Cannellini bean and rosemary dip with herby pitta crisps

High in protein and fibre, cannellini beans are little powerhouses of goodness.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 15 MINUTES** 



**EASY / PREPARE AHEAD** 

2 garlic cloves, crushed 2 sprigs of rosemary, finely chopped, plus a sprig to garnish 100ml (4fl oz) extra virgin olive oil, plus a little for frying 400g can cannellini beans, drained and rinsed juice of 1/2 lemon for the pitta crisps:

4 pitta breads 2 garlic cloves, crushed 6tbsp olive oil thyme sprigs, leaves picked

- 1 Gently fry the garlic and rosemary in a little oil for 2 minutes. Blend the beans in a food processor, pour in the oil and whizz again. Add the lemon juice, season and refrigerate for up to 1 week.
- 2 To make the crisps, cut the pittas into strips and place on a baking sheet in a separate layer. Stir the garlic into the oil, then brush it on to the pitta strips and sprinkle over some salt and the thyme leaves. Bake at 180 C, 160 C fan, 350 F, gas 4 for 10 to 15 minutes, and serve. Recipe contains: 2,376 calories, 147g fat (21g saturated), 219g carbohydrate

# **ROSEMARY KNOW-HOW**

A strongly aromatic herb, 1tsp of dried rosemary is equivalent to 3tsp of fresh. It's perfect in warming stews, stuffing and sprinkled over roast potatoes. Or in warmer months, throw a few sprigs on barbecue coals to add extra flavour to meat or fish.



# Less salt, more flavour

The tide is turning towards a new generation of British sea salt that cares as much about how it is harvested and the environment it is made in, as it does the way it tastes.

Hand-harvested just eight metres from the clearest Grade A classified waters – the highest to denote water purity – The award winning Cornish Sea Salt retains over sixty naturally-occurring trace elements essential for wellbeing and delivers more taste for less salt. The tastier, healthier alternative to traditional table salt.





texture that crumbles easily between the fingers... and it tastes great too! It is the preferred British sea salt in the River Cottage kitchen.

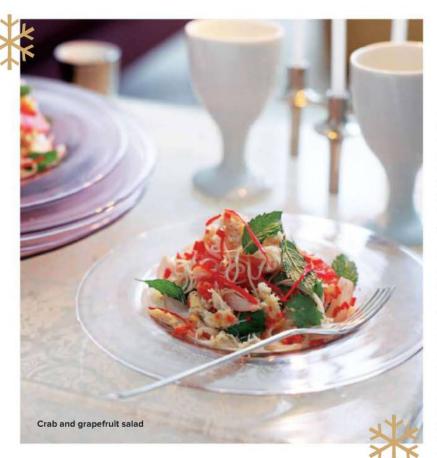
HUGH-FEARNLEY-WHITTINGSTALL

Celebrity Chef and founder of River Cottage

Available throughout the UK from most good independent delis, farm shops and leading food halls and selected Waitrose stores.

For great recipe ideas and to locate your nearest stockist visit





# Crab and grapefruit salad

Riboflavin, found in crab, helps release energy from carbohydrates.

# PREPARATION TIME: 10 MINUTES SERVES 8



150g (5oz) rice vermicelli 2 dressed crabs or 350g can crab meat 2 pink grapefruits, segmented 12 mint leaves 4 sprigs coriander, leaves picked

# for the dressing:

4 shallots, finely sliced

3 large red chillies, deseeded and sliced 3tbsp demerara sugar 4tbsp fish sauce juice of 3 limes (around 5tbsp) 1tsp grated ginger 1 garlic clove, crushed

To make the dressing, whisk all the ingredients in a bowl until the sugar has dissolved. Cook the vermicelli according to the pack instructions. Drain, toss with half the dressing, then scatter over the crab, grapefruit, herbs and shallots. Drizzle over the remaining dressing and serve. Per serving: 133 calories, 0.5g fat (Og saturated), 2g carbohydrate

# Crispy roast goose

Believe it or not, goose fat contains less saturated fats than butter does.

PREPARATION TIME: 40 MINUTES COOKING TIME: 3 HOURS SERVES 8, WITH LEFTOVERS



1 goose, dressed weight about 5kg (11lb), with giblets
1.5kg (3lb 6oz) potatoes, peeled, chopped into large chunks and rinsed
4 onions, coarsely chopped
50g (2oz) goose or duck fat
2 garlic cloves, finely chopped
1tbsp sage leaves, chopped
grated zest 2 lemons

- 1 Heat the oven to 220 C, 200 C, 425 F, gas 7. Rub salt all over the goose and sprinkle some salt and pepper inside the cavity. Boil the potatoes in salted water until tender, drain well and coarsely mash them. Fry the onions in the goose fat until golden brown. Add the garlic and stir into the mashed potato, along with the sage, lemon zest and some pepper. Pack the mixture into the cavity of the goose, and place the goose on a wire rack in a large roasting tin. Roast in the oven for 30 minutes.
- 2 Turn the temperature down to 180 C,
  160 C fan, 350 F, gas 4. Cook for a further 2 and a half hours. There's no need to baste.
  3 When the goose is cooked, remove from the oven and allow to rest for 15 minutes or so before carving. Serve with red cabbage and roast potatoes.

Per serving: 693 calories, 40g fat (2.5g saturated), 36g carbohydrate

+ For extra-crispy skin, pierce with a skewer and pour over a kettle of boiling water. Dry the goose skin and leave uncovered, overnight in the fridge.

# MAKE THE BEST + Cocktails Champagne occasions

Whether it's Champagne or sparkling wine, crack open a bottle and enjoy it plain or in a party-making cocktail.

# + CHRISTMAS DAY BUBBLY

Add 2tbsp **vodka** and 1tbsp **elderflower cordial** to a cocktail shaker with some **ice**. Shake, strain into a glass and top with **Champagne**, prosecco or cava, and a twist of **lemon**.

# + SLOE FIZZ

Pour a measure of **sloe gin** into a Champagne flute and add a squeeze of **lemon**. Top up with **Champagne**.



Make an occasion of the evening by sitting down together with friends or family and enjoying a wonderful, palate-pleasing menu

Crispy roast goose

Chef's tip
Drain the fat
from the roasting
tin, cool and keep
in the fridge
for roast
potatoes



LAD. I DID WORK **EXPERIENCE AT A POSH** HOTEL IN FRANCE. EVEN THOUGH IT WAS VERY HARD WORK, IT OPENED MY EYES TO WHAT IS OFTEN THOUGHT OF AS THE GREATEST CUISINE IN THE WORLD. IT'S TRUE THAT THE ERENCH LIKE TO KEEP WHAT'S CLASSIC, CLASSIC, SO I'VE TRIED TO STAY TRUE TO THESE DISHES WHILE ADDING MY OWN 'LOCAL' TWIST HERE AND THERE," SAYS JAMIE.

"WHEN I WAS A YOUNG

# JAMIE OLIVER'S

# Pork terrine

Unless you're buying a terrine from a truly amazing artisan producer, you really won't get any better than one you've made yourself. I haven't used a traditional terrine mould here (which is where the recipe gets its name) because most people tend to have flat, round dishes at home. Basically, as long as you make this in an ovenproof dish that's 5cm (2in) deep, it will cook in the same time as I'm giving you here.

Keeping a mix of textures and colours from the different cuts of meat will make this delicious and interesting to eat. You can ask your butcher to mince your pork for you, or pulse it in a food processor, slicing and finely chopping a few bits to give you a great mixture of little lumps, chunks and fine bits. If you leave the terrine in the dish you cooked it in, with all the fat around the edge, and make sure it's properly covered, it will keep happily in the fridge for up to a week.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 1 HOUR 15 MINUTES** SERVES 10 TO 12

PREPARE AHEAD

1.5kg (3lb 6oz) pork - a mixture of neck, shoulder and a tiny bit of leg, the best quality you can afford, coarsely minced 100g (4oz) pork or chicken liver, the best quality you can afford 100g (4oz) smoked bacon lardons, the best quality you can afford a small bunch of fresh thyme, leaves picked a bunch of fresh flat-leaf parsley, finely chopped (stalks and all) 1/2 teaspoon ground cloves

1 whole nutmeg, for grating 3 or 4 small fresh bay leaves a large handful of good-quality breadcrumbs 1 level teaspoon white pepper sea salt

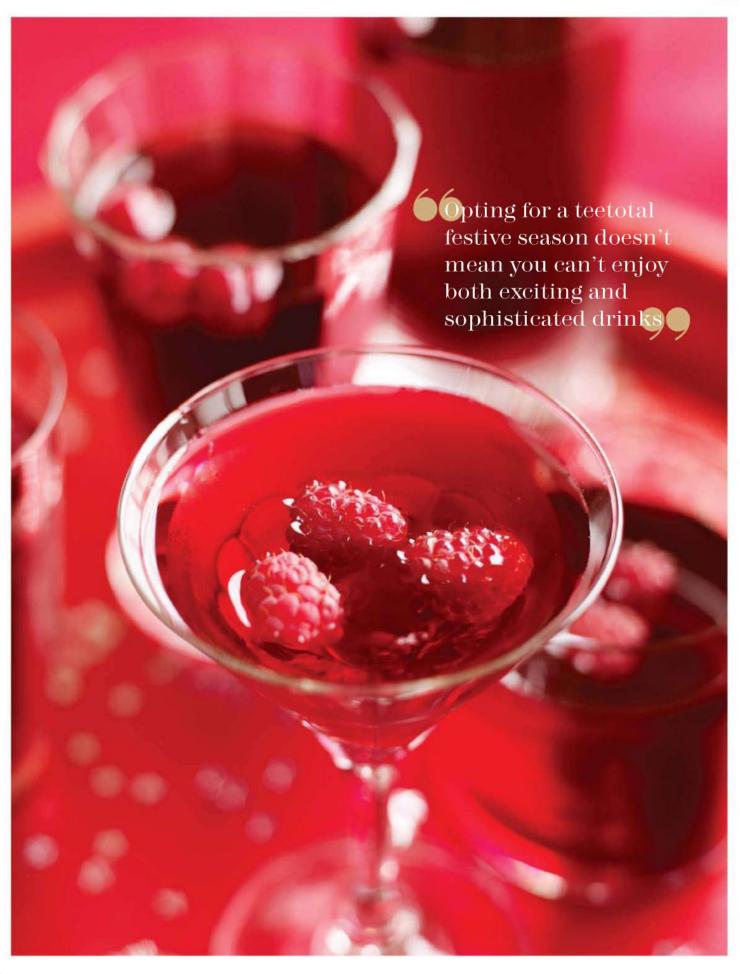
1 About 20 minutes before you're ready to start cooking, take the meat out of the fridge, so it can come up to room temperature. Preheat your oven to 160 C, 140 C fan, 325 F, gas 3. Blitz the liver and lardons to a purée in a food processor, then tip into a large bowl with the minced pork mixture. Add the thyme, parsley and ground cloves, then grate in half your nutmeg. Roll your bay leaves up like a cigar and finely chop them, then add to the bowl with the breadcrumbs, white pepper and 3 really good pinches of salt. 2 Get your clean hands in there and scrunch everything up until really well mixed. If you can, I recommend you use a round earthenware dish here as it will work with these timings - you need one approximately 26cm (101/4in) in diameter and 5cm (2in) deep. Overfill the dish first, then really push and squash the mixture down and right out to the edges. 3 Place the dish in a large roasting tray and create a bain-marie by half-filling the roasting tray with hot water. Put this into the oven and leave to cook slowly for 1 hour and 15 minutes. You can check if it's done by inserting a knife into the centre - if the juices run clear, it's perfect, It will have shrunk a bit during cooking, but that is perfectly normal so don't be alarmed. Remove from the oven and leave in the bain-marie to cool. Don't be tempted to drain off any of the juices, because once the terrine cools they will help to keep it moist. Once cool, cover the terrine with clingfilm and chill in the fridge until ready to eat. 4 I like to put the terrine in the middle of

the table, then serve it in wedges with a salad of cornichons, radishes and chicory, dressed with red wine vinegar and extra virgin olive oil. Just remember to think about contrast, texture and flavour when you're deciding what to serve it with. Add a dollop of mustard and some slices of hot toast, with a lovely glass of French Malbec wine on the side, and you're talking.



JAMIE OLIVER'S JAMIE DOES ... (MICHAEL JOSEPH, £26) This is Jamie's personal celebration of amazing food from six different countries, with each chapter focussing on a city or region, from Marrakesh to the Midi-Pyrénées of France. He says: "The food I've embraced on each trip is a mixture of what you could call the clichéd star dishes and the recipes that I've been inspired to make after walking through the markets and soaking up the vibes of each place." This is fun food you can enjoy at home.





# Alcohol-free zone

Christmas is all about entertaining, having fun and a bit of overindulgence, but that doesn't have to include alcohol! For those who choose not to drink, you don't have to miss out, as we've come up with some fantastic ideas for hangover-free festivities

### + BLEND INTO THE CROWD

Non-drinkers shouldn't feel like the odd one out. With a few clever tricks no one need ever know...

- It's hard to resist a glass of Champagne at Christmas, but festive fizz needn't come with the alcohol (or price tag). White grape juice topped with sparkling water is a good alternative – add peach purée for a Bellini. Or mix freshly squeezed orange juice with lemonade for Buck's Fizz that won't cause a fuzzy head the next day.
- Try using cranberry or pomegranate juice instead of red wine when making mulled wine. Just simmer gently with all the Christmassy spices – cinnamon sticks, cloves, nutmeg, bay leaves – and a few slices of orange.
- -I- Most major supermarkets now sell alcohol-free beer. Produced by some of the big beer companies (Beck's, Bitburger, Cobra), it's actually quite good and the packaging is so close to the original you'd be hard pushed to tell who is and who isn't drinking the "real" thing.

# + GARNISH IT WELL

Don't forget about presentation – just because you're not serving alcohol in your drinks doesn't mean they shouldn't look good. Think about what **glassware** works for which drinks (eg sparkling tipples should be served in Champagne flutes at drinks parties) and make sure that you have plenty of garnishes to hand: **lots of ice, lime wedges, fresh mint leaves**, even slices of **cucumber** and **pomegranate seeds** can help make drinks look more exotic and pretty.

# + COCKTAIL LIST

Christmas parties are all about cocktails, but they don't need vodka, rum and tequila to pack a punch. These classy creations will go down a treat at any canapé party:

- With its fiery after-kick, ginger beer makes a brilliant non-alcoholic cocktail and the spice from the ginger has a wonderfully Christmassy feel to it. Mix it with apple juice and a squeeze of lime juice for a booze-free Moscow Mule.
- -I- Tonic water isn't just essential for a classic G&T. Fill a tall glass with ice, add a dash of elderflower cordial and a twist of lemon or lime for a truly sophisticated party drink.

- Remember that a classic Virgin Mary can't be beaten. Mix good-quality tomato juice with a grating of horseradish, a healthy dash of both Tabasco and Worcestershire sauces, season with freshly ground black pepper and serve with half a celery stick to use as a stirrer.
- There's a brilliant range of fresh fruit juices available now at supermarkets, which are perfect for experimenting with. Try the simple but winning combo of cherry juice with sparkling water for a glorious crimson sparkler, or blend orange and crushed raspberry juice with bitter lemon for a citrussy twist.

# + READY-MADE OPTIONS

If you don't have time to get the cocktail shakers out, then there's a range of pre-made options waiting to be picked up from most major supermarkets – and we're not talking about a six-pack of cola.

- -- Belvoir cordials are prettily packaged and only require sparkling water to transform them into cool refreshing drinks. Perfect for Christmas is the lovely spiced winter berries cordial.
- -- Pressés are the quintessential French café drink, but they're also becoming popular over here. Bottlegreen offers a host of flavours – try ginger and lemongrass, pear and elderflower or red grape. Shloer produces a similar range, including a blend of white grape, raspberry and cranberry.
- Available online and at a few specialist stores, The Orchard Pig takes West Country apples and crushes them into a fantastic array of juices, including delicious sparkling apple and ginger.

# + A BIT OF SPARKLE

As you may have already gathered, **sparkling water** will be your best friend when making non-alcohol drinks over the festive season, so make sure you're well stocked up. And if at any point you feel like you've overeaten, try a mix of sparkling water, a squeeze of lemon and a pinch of salt — it's a well-known indigestion cure in India.



For more drinks ideas and recipes, visit womanandhome.com.

# Festive baking

If ever there's a time to spoil family and friends with homemade cakes or bakes, this is it! From must-have mince pies that you can make ahead and serve after your post-lunch walk with mulled wine, to gorgeous winter-themed cupcakes and centrepiece Christmas cakes that even beginners will find easy to decorate. Have fun!



# Vanilla cakes with Frangelico frosting

Oil replaces butter for feel good factor – simply use less frosting to cut calories!

PREPARATION TIME: 20 MINUTES COOKING TIME: 25 MINUTES

MAKES 12



EASY / PREPARE AHEAD / FREEZE

125g (4½2oz) natural yogurt 100ml (4fl oz) sunflower oil 200g (7oz) caster sugar ½tsp vanilla extract 3 large free-range eggs 210g (7½2oz) self-raising flour 1tsp baking powder for the gingerbread:

125g (4½oz) unsalted butter 100g (4oz) dark muscovado sugar 3½tbsp golden syrup 300g (10oz) plain flour 1tsp bicarbonate of soda 1tsp ground ginger for the frosting:

200g (7oz) unsalted butter, softened 150g (5oz) full-fat cream cheese 300g (10oz) icing sugar 4tbsp Frangelico hazelnut liqueur you will need:

12-hole muffin tin, lined with silver cases, an oiled baking sheet, piping bag with star nozzle, pastry cutters and silver balls

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Using a hand whisk, beat together the yogurt, oil, sugar and vanilla, add the eggs, then fold in the flour, baking powder and a pinch of salt. Divide the mix between the cases and cook for 15 minutes. Cool.

2 To make the gingerbread, raise the oven

**2** To make the gingerbread, raise the oven to 200 C, 180 C fan, 400 F, gas 6. Melt the butter, sugar and syrup in a pan. Mix the flour, bicarbonate and ginger, then stir in the butter mix to make a stiff dough (add water if needed). Knead until smooth, roll out to the thickness of a £1 coin and cut out shapes. Place on the baking sheet and bake for 10 minutes. Cool.

**3** Make the frosting – cream the butter, cream cheese and sugar with an electric whisk until smooth, add the liqueur and mix. Pipe swirls on to the cakes, decorate with the gingerbread shapes and silver balls. Per cupcake: 711 calories, 37g fat (20g saturated), 90g carbohydrate



# Festive fondant-iced chocolate cakes

These will happily sit in a lidded box for up to 3 days.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 15 MINUTES
MAKES 12



EASY / PREPARE AHEAD / FREEZE

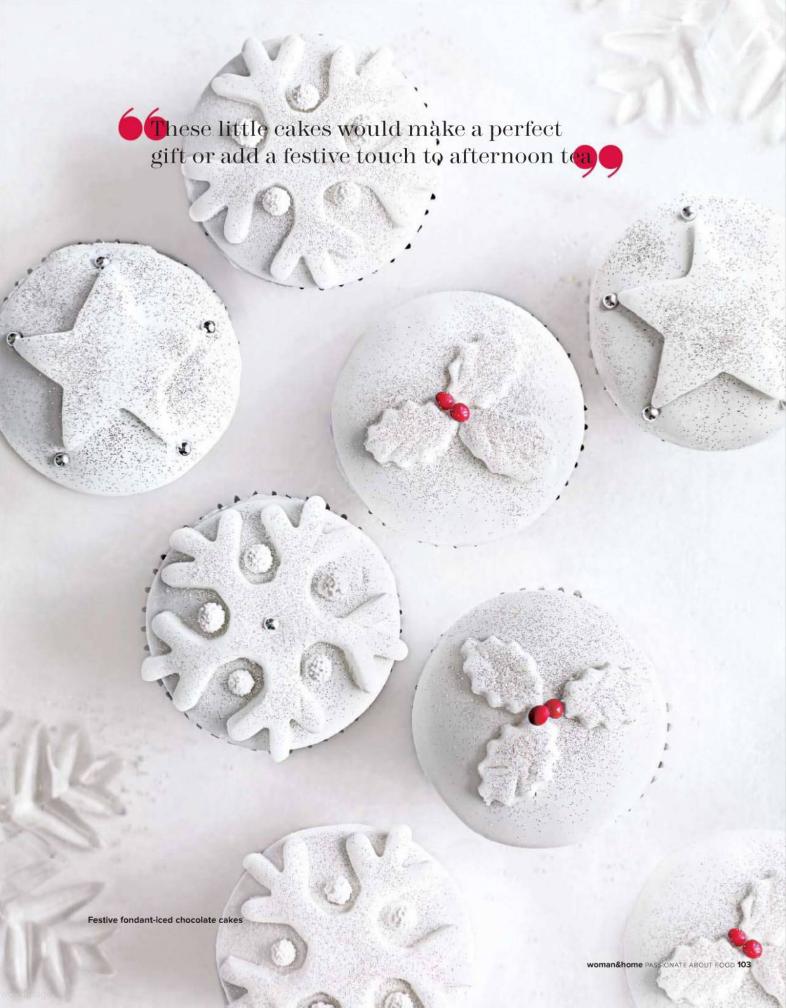
125g (4½oz) natural yogurt
100ml (4fl oz) sunflower oil
200g (7oz) light muscovado sugar
3 large free-range eggs
165g (5½oz) self-raising flour
35g (1¼oz) good-quality cocoa powder
1tsp baking powder
454g pack fondant icing
you will need:

12-hole muffin tin, lined with silver cases, a pastry cutter, festive cutters, silver balls and red fondant icing to make holly "berries" 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Using a hand whisk, beat the yogurt, oil and sugar together, add the eggs, then fold in the flour, cocoa and baking powder with a pinch of salt. Mix well, then divide between the silver cases, and cook in the middle of the oven for about 15 minutes, until risen and springy. Remove and cool on a wire rack.

2 Roll out the fondant icing to the thickness of a £1 coin. Use a pastry cutter to cut out circles to cover the tops of the cupcakes. Then use festive cutters, silver balls and a little bit of red fondant icing to decorate. Per cupcake: 300 calories, 9g fat (2g saturated), 60g carbohydrate

# + COOK'S TIP

You can find silver cases, piping bags and nozzles, edible decorating balls and glitter, pastry cutters and festive cutters at squires-shop.com. See page 112 for details of other baking suppliers.





# SEE YOUR FAVOURITE CHEFS LIVE ON STAGE

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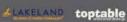




















# Chocolate bundt cake with glacé icing

We added true Christmas sparkle with edible glitter (to buy, see page 102).

PREPARATION TIME: 20 MINUTES COOKING TIME: 1 HOUR SERVES 16



EASY / PREPARE AHEAD / FREEZE

350g (12oz) natural yogurt 300ml (½pt) sunflower oil 600g (1lb 5oz) golden caster sugar 9 large free-range eggs 500g (1lb 2oz) self-raising flour 85g (3½oz) good-quality cocoa powder 1½tsp baking powder for the icing:

200g (7oz) icing sugar handful each toasted hazelnuts, pistachios and dried cranberries, to decorate

you will need:

a bundt cake tin, lightly oiled

- 1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. With a hand whisk, mix together the yogurt, oil, sugar and eggs, then fold in the flour, cocoa and baking powder with a generous pinch of salt.
- 2 Pour into the prepared cake tin and bake for 1 hour, or until a skewer inserted into the middle of the cake comes out clean. Remove from the oven and cool for 5 minutes, then remove from the tin and cool on a wire rack.
- 3 To make the icing, sift the icing sugar into a large bowl and add enough hot water to make a soft, smooth glacé icing. You'll need less than you think, so add it in carefully. Drizzle the icing over the top of the cake and decorate with the fruit and nuts. Per serving: 458 calories, 16g fat (3g saturated), 78g carbohydrate



# Mini mince pies

They're never going to be health food, but a mini mince pie is the perfectly sized treat.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 20 MINUTES
MAKES 24



vou will need:

EASY / PREPARE AHEAD / FREEZE

275g (9½0z) all-butter shortcrust pastry 411g jar luxury mincemeat zest 1 orange 1 egg, beaten, to glaze icing sugar, to dust

2 x 12-hole mini muffin tins, lightly oiled, and festive pastry cutters

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Roll out the pastry, cut out circles that are slightly larger than the tins, to allow for shrinkage, and put in the tins.

2 Combine the mincemeat and zest and add 1tsp to each pastry circle. Cut out festive pastry shapes to top the mince pies, re-rolling if necessary. Decorate with your

shapes, then brush with beaten egg. Bake for up to 20 minutes or until browned and bubbling. Let the pies cool slightly in the tin. Using a small knife, tip them out and allow to cool. Serve dusted with icing sugar. Per mini mince pie: 102 calories, 4g fat (1g saturated), 16g carbohydrate

# + GET AHEAD

Once cooked, open-freeze the mince pies, then pack into suitable containers, interleaved with greaseproof paper. Reheat gently straight from the freezer.

+ CLASSIC MINCEMEAT
Mix 450g (1lb) grated Bramley apples,
150g (5oz) shredded suet, 350g
(12oz) raisins, 225g (8oz) each of
candied peel, sultanas and currants,
350g (12oz) light muscovado sugar,
the juice and rind of 1 orange and
2 lemons, and 4tsp mixed spice.
Leave to marinate overnight then
pack into sterilised jars. Makes
around 1 to 1.3kg (2lb 4oz to 3lb).

This impressive bundt cake makes a great alternative to the traditional Christmas cake





# Baking know-how

While baking is not the scary, complicated process that many think, there are a few hints and tips to follow in order to achieve perfect results every time. Here are our best ones:

- + As a top chef once said to us, "It's only when I'm baking that I use my depends on following the recipes exactly. If one teaspoon of something is required, make sure it is just that. Invest in a proper set brilliant, giving you 4 spoons in 1 - you have 1/2tsp on one side but,
- + Christmas baking needs a few festive flourishes lakeland.co.uk
- + And lastly, do always try to use butter in your cakes after all, they

i.....i

# Double chocolate and raspberry roulade

This cuts beautifully if you leave it for a few hours in the fridge.

PREPARATION TIME: 30 MINUTES **COOKING TIME: 20 MINUTES SERVES 10** 



# PREPARE AHEAD

6 large free-range eggs, separated 175g (6oz) caster sugar 1/2tsp vanilla extract 50g (2oz) good-quality cocoa powder handful frozen raspberries

for the chocolate mousse:

250g (9oz) white chocolate, broken into small pieces 300ml (1/2pt) double cream

1 free-range egg white

1tbsp cornflour you will need:

30x24cm (113/4x91/2in) Swiss roll tin lined with baking parchment

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Using a mixer, whisk the egg yolks and sugar until pale and thick. Add the vanilla extract. Sift the cocoa and fold in

fold in. Pour into the Swiss roll tin and spread evenly. Bake for 15 to 20 minutes. 2 As soon as the sponge is cooked, turn it on to another piece of baking parchment. Remove the base paper, roll up the sponge inside the clean paper, and leave to cool. 3 Make the mousse. Bring a pan of water to a simmer, then take off the heat. Place the chocolate and 100ml (4fl oz) of the cream in a bowl, sit the bowl on the pan (without it touching the water) and allow to melt slowly - don't stir the mixture. In another bowl, use a hand whisk to whip the remaining cream to soft peaks, then fold into the slightly cooled chocolate mixture. Whisk the egg white and cornfour to stiff peaks with an electric whisk, then gently fold into the chocolate and cream mixture. If the mousse doesn't seem stiff

gently. Whisk the egg whites until stiff, and

lightly until it reaches soft peaks. 4 Decorate the cake by unrolling the sponge and filling with some mousse and raspberries. Then roll up again and cover with the mousse. Leave to set in the fridge and dust with icing sugar before serving. Per serving: 433 calories, 29.5g fat (16.5g saturated), 35.5g carbohydrate

enough, chill for 30 minutes, then whisk

# Sticky toffee cake

Vitamin-rich dates keep in the fridge for months - great for anytime snacking.

PREPARATION TIME: 30 MINUTES **COOKING TIME: 50 MINUTES SERVES 16** 



# PREPARE AHEAD

175g (6oz) stoned dates, chopped 1tsp bicarbonate of soda 75g (3oz) unsalted butter 175g (6oz) caster sugar 3 large eggs 1/2tsp pure vanilla extract 225g (8oz) self-raising flour, sifted ice cream, to serve

for the sauce:

225g (8oz) dark soft brown sugar 100g (4oz) unsalted butter 300ml (1/2pt) double cream you will need:

18cm (7in) square cake tin, oiled then floured

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Place the dates in a bowl with the bicarbonate of soda and 300ml (1/2pt) boiling water. Stir well and set aside.
- 2 Beat the butter and sugar in an electric mixer until smooth and fluffy.
- 3 Beat the eggs with the vanilla extract and pour in a steady stream onto the butter and sugar mixture, beating continuously. Don't be alarmed if the mixture looks curdled at this stage - it will all come together when you add the flour.
- 4 Add the flour, beat well, then pour in the dates and all the liquid and mix well. Pour into the tin and place on the middle shelf of the oven.
- 5 Bake for 45 to 50 minutes or until well risen and golden brown. Press the centre of the cake lightly; if the sponge springs back, it is cooked. Remove from the oven and allow to rest for 5 minutes before turning out on to a wire rack.
- 6 Meanwhile, make the sauce: place all the ingredients in a saucepan and heat gently, stirring, until the sugar has dissolved and the sauce is smooth. Cut the cake into small squares and serve with the sauce. Add frozen yogurt or ice cream, if you like.

Per serving: 695 calories, 41.5g fat (25.5g saturated), 80g carbohydrate



Cholesterol-free dates add a lovely richness and sweetness to this dish, which is perfect for a pudding or teatime tre<mark>at</mark>

#### Rich fruit cake

Spiced and fruity, this moist cake epitomises the taste of Christmas.

PREPARATION TIME: 30 MINUTES, **PLUS SOAKING** 

**COOKING TIME: 3 HOURS** 

**SERVES 20** 



#### EASY / PREPARE AHEAD

500g (1lb 2oz) luxury mixed dried fruit 200g (7oz) sultanas 200ml (7fl oz) Marsala, plus a little extra to "feed" the cake 200g (7oz) lightly salted butter, softened, plus extra for greasing 200g (7oz) dark muscovado sugar 1tbsp ground mixed spice 2tsp nutmeg, freshly grated finely grated zest 1 orange 4 free-range eggs, beaten 225g (8oz) plain flour 100g (4oz) ground almonds 200g (7oz) natural glacé cherries, halved 100g (4oz) Brazil nuts, chopped you will need:

20cm (8in) deep, round cake tin, lined with baking parchment and greased

- 1 Put the dried fruit, sultanas and Marsala in a bowl and leave to stand for 2 hours, turning the fruit occasionally.
- 2 Heat the oven to 150 C, 130 C fan, 300 F, gas 2. Beat together the butter, sugar, spice, nutmeg and orange zest until pale and creamy. Gradually beat in the eggs, then stir in the flour and ground almonds until combined. Tip in the fruit mixture along with the cherries and Brazil nuts. Mix well and turn into the tin, pressing it down in an even layer with the back of a spoon. To prevent the edges of the cake overcooking, wrap several thicknesses of newspaper or brown paper around the tin, securing with string.
- 3 Bake for 2 hours 30 minutes to 3 hours until a skewer inserted into the centre comes out clean. Remove the paper from around the tin towards the end of cooking for a more golden surface. Leave to cool in the tin.
- 4 Remove the cake from the tin, leaving the lining paper attached for storage. Pierce all over the top of the cake with a skewer and spoon a little extra Marsala over the surface. Wrap with an additional layer of baking parchment and store in a cool, dry place. Per serving: 396 calories, 18.8g fat (6.9g saturated), 51g carbohydrate



# Marzipan know-how

- + You need to marzipan your cake 4 to 5 days before you ice it. Otherwise, the oil from the almonds may seep through and discolour the icing. + You'll need 500g (1lb 2oz) marzipan
- to cover a 15cm (6in) round cake, 1kg (2lb 4oz) to cover an 20cm (8in) round
- this will cover the top and sides.
- + To put it on a cake: Roll out half the marzipan on a surface dusted with icing sugar until 2cm (3/4in) bigger than your cake. Brush the top of your cake with egg white and invert it onto the marzipan, trim to fit, turn back up, then smooth with a palette knife. Measure the cake's circumference, then roll out 2 strips of marzipan, which are as deep as the cake with each one measuring half the circumference. Once again, brush the edges with egg white and apply the marzipan. Smooth over the joins with a knife, then even out with a rolling pin to ensure there are no air bubbles. Cover with a tea towel and leave to dry.

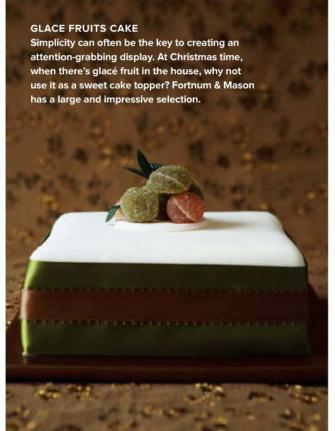
#### Fondant icing know-how

- + Use ready-rolled fondant icing for the cakes. If you can't find ready-rolled, roll out a block of fondant icing with a dusting of icing sugar. Place the cake on the board or cake stand on which you are going to serve it.
- + Check that your sheet of icing is a good few inches bigger than the cake - all the way round - then brush it with a little water. Place the icing over the cake.
- + Think of the fondant icing as you would modelling clay! It's quite pliable, so you can pull out the folds and mould it around the shape of the cake. With your dry hands, gently pat into place, then trim off any excess with a sharp knife.
- + Use any excess icing to cut out shapes to decorate your cake.





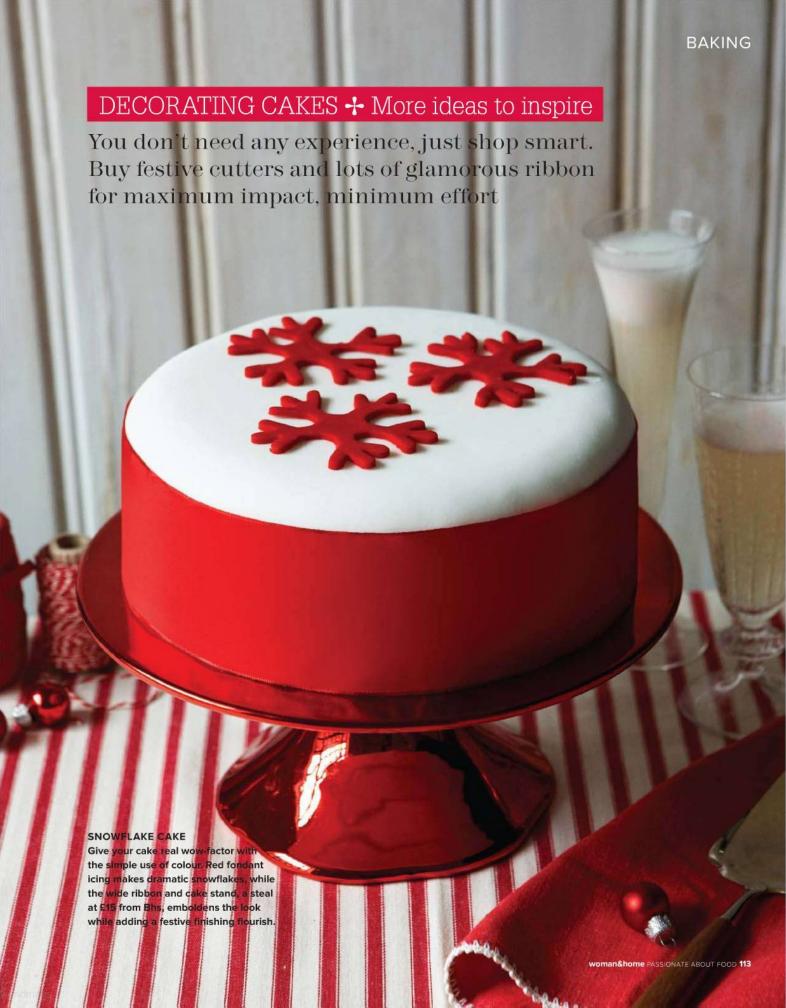




# Great suppliers

We do so much baking and cake decorating in our test kitchen at w&h that we've become quite the experts on where to source the more specialist or difficult-to-find items. Here are our favourites for:

- + RIBBONS If you don't have a good haberdashery nearby, you can find lovely ribbons at janemeans.com, vvrouleaux.com or berisfords-ribbons.co.uk, which even has a "Seasonal Ribbon" section. If you are lucky enough to have access to a big flower market (such as New Covent Garden in London), you'll find stunning ribbons at much more reasonable prices.
- + CUTTERS, LUSTRES, EDIBLE GLITTERS Find this decorating equipment, plus tools, cookware and items to cover all your cake-making needs available online from the following suppliers:
- + Squires Kitchen (squires-shop.com)
- + Cake Craft World (cakecraftworld.co.uk)
- + Jane Asher Party Cakes & Sugarcraft (jane-asher.co.uk)
- + Lakeland (lakeland.co.uk)
- + Lawsons (lawsonshop.co.uk)
- + Amazon (amazon.co.uk)
- + Divertimenti (divertimenti.co.uk)





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You can use many different kinds of fruit for an upside-down cake, such as gooseberries, blueberries, blackberries or slices of apple or pear

# RACHEL ALLEN'S

#### Upside-down cranberry cake

The buttery, sugary juices of the cooked fruit soak into the cake once you flip it over, making it incredibly moist. The cranberry juices will stain the cake a beautiful pink.

PREPARATION TIME: 25 MINUTES **COOKING TIME: 35 MINUTES SERVES 8** 



#### EASY / PREPARE AHEAD

50g (2oz) butter 300g (10oz) caster sugar 225g (8oz) fresh or frozen cranberries 200g (7oz) plain flour 1tsp baking powder 1/2tsp salt 1/4tsp bicarbonate of soda 2 free-range eggs 200ml (7fl oz) buttermilk 75ml (3fl oz) vegetable or sunflower oil

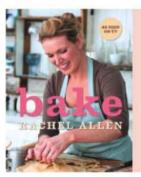
to serve:

softly whipped cream brown sugar

you will need:

25cm (10in) diameter ovenproof pan

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4.
- 2 Melt the butter in the ovenproof pan. Stir in half the sugar and cook over a gentle heat for approximately 2 minutes. Add the cranberries and set aside.
- 3 Sift the flour, baking powder, salt and bicarbonate of soda into a large bowl. Whisk the eggs in a measuring jug or small bowl and add the remaining sugar, the buttermilk and oil and mix together. Pour this mixture into the dry ingredients and whisk to form a liquid batter. Pour the batter over the cranberries in the pan.
- 4 Place the pan in the oven and bake for 30 to 35 minutes or until the cake feels firm in the centre.
- 5 Allow to cool for 5 minutes before turning out by placing an inverted plate over the top of the pan and turning the pan and plate over together in one quick movement, Serve warm or at room temperature with softly whipped cream and sprinkled with brown sugar.



#### RACHEL ALLEN'S BAKE (COLLINS, £20)

TV chef Rachel Allen has put together a wonderful collection of mouthwatering recipes, showing how simple and versatile baking can be. With the help of Rachel's Bake, you'll learn how to make everything from breads, cakes and cookies to savoury meals and tarts. Highlights include Red velvet cake and Baked Alaska. Rachel's friendly instruction is accompanied by step-by-step pictures and helpful tips, to make sure you get it right every time!



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CODE: ADJ



# Smoked fish

Whether you eat it for breakfast, lay it over brown bread and butter or kick off Christmas Day with it, chances are that smoked fish will be appearing somewhere on your table over the festive season. We give you the low-down...

#### -- SOME LIKE IT HOT

All the supermarket buyers tell us that sales of smoked salmon go through the roof at Christmas when we want to indulge in special treats. Originally developed as a method of preserving long before fridges, the flavours and textures smoking imparts to fish mean that it's still a popular way to prepare it today.

- ♣ There are three ways to smoke fish: fully cured cold-smoked, partially cured cold-smoked and hot-smoked.
- + Fully cured cold-smoked fish (eg smoked salmon) is completely cured in salt, then smoked in low temperatures. The curing process (when the fish is packed with salt) acts both as a preservative and an anti-bacterial, so the fish can be eaten without cooking it.
- + Partially cured cold-smoked fish (eg kippers and Finnan Haddock) is lightly salted, then smoked in low temperatures, so the fish isn't actually cooked through. As the salting process is very brief, the fish isn't fully preserved and must be cooked before eating.
- -I- Hot-smoked fish (eg smoked mackerel, hot-smoked salmon and smoked haddock) is cured, then smoked in high temperatures, so the fish cooks through completely and it takes on a firmer, flakier and thicker appearance and texture.
- + Curing the fish in salt acts as a preservative. After the salt has been rinsed off the fish, it is often air-dried until a shiny, slightly tacky skin forms on top. This skin not only helps to seal in the moisture during the smoking process, it also provides a perfect surface to which the smoke can adhere.
- ♣ Once this skin has formed, the fish is transferred to the smoking chamber. The length of the smoking process and the wood used varies according to the smoker, but generally, oak, beech or alder wood are common, sometimes with added flavours such as juniper, heather or, in high-end smokeries, teas such as Lapsang Souchong or Earl Grey.

#### + WHAT KIND SHOULD YOU BUY?

The better the quality of the fish, and the more time-consuming the process – especially if it's hand rather than machine sliced – will affect the price. The curing ingredients and wood used to smoke the fish will determine the strength of the flavour. If you like something robust, go for a peat or apple-wood smoke. For a more delicate flavour, try heather or tea. A stronger smoke is better to cook with, whereas a delicate fish starter

would suit a more subtle flavour. Quality products will say which wood has been used, or you can ask your fishmonger.

#### + USING SMOKED FISH IN COOKING

While good-quality smoked fish needs very little to accompany it, certain flavours lend themselves perfectly to its richness.

- + Try serving **smoked salmon** or **trout** with horseradish or beetroot, or with a salad of cucumber dressed with vinegar, sugar and fresh dill.
- + Smoked haddock or cod add a wonderful depth of flavour to a fish pie poach first in milk and then use the poaching liquid to stir into the mash or make a white sauce.
- + Slow-roasted tomatoes make a gorgeous accompaniment to smoked mackerel or hot-smoked salmon. Use them in a warm salad with a sweet balsamic and honey dressing.
- + For an Asian-inspired dish, try **smoked tuna**, **salmon** or **eel** dressed with wasabi and lime juice, served with steamed rice.

#### + BUY THE BEST

- + Smoked fish should be an indulgent treat, so buy the best that your budget will allow you'll taste the difference!

  Mass-produced, cheap smoked fish from farmed fish kept in cramped conditions is usually tasteless and greasy, and often has a smoke flavour sprayed on it, rather than actually being smoked. This is particularly true of smoked salmon.
- ♣ As with all fish, buying from sustainable sources with high-welfare practices is paramount if we are to ensure continuing availability. Look for Scottish, Atlantic or Alaskan salmon, with either a Marine Stewardship Council (MSC) accreditation or an RSPCA Freedom Food stamp.

#### + GOOD SUPPLIERS

Supermarkets and delis sell smoked fish at Christmas, but if you prefer to shop online, these are some of our favourites:

- **+ formanandfield.com** Retailer of the highest-quality smoked fish, specialising in smoked salmon.
- -1- fishforthought.co.uk The freshest fish delivered to your door.
- -t- thecornishfishmonger.co.uk A wonderful range of seafood direct from Cornwall.



For more fantastic food ideas, inspiration and recipes, visit womanandhome.com.

# Homemade gifts

Show someone you care with creative gifting this year.

A few simple makes wrapped in pretty ribbons or boxes will save on costs, and your present will be unique too







# Chocolate Florentines

These gorgeous chocolate-nut biscuits make a delightful gift for a daytime visit. Melt 25g (1oz) butter with 50g (2oz) caster sugar and 1tbsp honey in a saucepan, stirring. Take off the heat, add 25g (1oz) sifted plain flour, ½tsp ground ginger and 2tbsp double cream. Chop 75g (3oz) each candied peel, glacé cherries and blanched almonds, place in a bowl and pour over the batter. Line baking sheets with parchment and spoon on teaspoons of the mix, spaced well apart. Bake at 180 C, 160 C fan, 350 F, gas 4 for about 10 minutes, then cool. Dip in different melted chocolates, making swizzle shapes with a fork and leave to set. They'll keep for 4 days in an airtight container.

# Nutty brownies

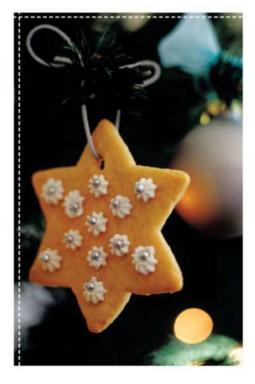
Always a favourite and so simple to make. Heat the oven to 170 C, 150 C fan, 325 F, gas 3 and line the base and sides of a 18cm (7in) square tin. Melt 150g (5oz) butter with 200g (7oz) dark chocolate in a bowl over a pan of simmering water. Take off the heat, gradually add 200g (7oz) light muscovado sugar, a pinch of salt, 3 eggs and 85g (3½oz) plain flour. Mix well, add 75g (3oz) chopped almonds, pecan or macadamia nuts and pour into the tin. Bake for 30 to 40 minutes. Turn out onto a rack to cool, then cut into squares. They will keep for 4 days in an airtight container. Or buy delicious brownies at farmers' markets and online. Layer between pretty papers and tie with a ribbon.

Scour department stores, haberdashers and craft shops for gorgeous ribbons and unusual containers. Cellophane bags are great for biscuits and brownies – just tie with a colourful ribbon and add a gift tag

With very little effort and a bit of creativity you can transform the Christmas festivities with good-looking, edible decor – be it for the table setting or dressing the tree – that really is good enough to eat







# Tree biscuits

These biscuits are made from a basic gingerbread mix (see our recipe on page 102), which is then simply cut with a tree-shaped cutter. Before baking, make a hole at the top of the tree using the end of a small paintbrush. Once cool, make a glacé icing by adding a little water to sifted icing sugar until you have a thickish paste. Spoon on to the biscuits with a teaspoon, and spread it out in the shape of the tree. When nearly set, add some chocolate vermicelli and silver balls, and thread a ribbon through the hole.

## Place names

Here's one for the kids to get involved with! These are decorated using the icing tubes readily available in supermarkets – Dr Oetker is a good brand. Using your favourite biscuit recipe, cut out star, circle and heart shapes with cutters. Cut out shapes from fondant icing with smaller cutters, and apply to the biscuit with a little water. With the white icing pen, draw a frame around the biscuit edge and pipe names on to the fondant. Add silver balls for a festive touch.

# Star decorations

These can also be made with your favourite biscuit dough, which is then cut into stars with a cutter. Once again, make the ribbon hole using the end of a small paintbrush. After baking, leave the biscuits to cool before piping on some royal icing (you can buy royal icing sugar, to which you just add water, in supermarkets) or thick glacé icing with a star nozzle. Add silver balls or other decorations of your choosing. Once set, simply add a ribbon loop and they are ready to hang.





Why not make a selection of foodie gifts and pop them into a pretty box or basket to make a special festive hamper for friends? Wrap with cellophane to keep everything intact – you could even add some fake snow!





# Homemade mincemeat

So easy to make, simply mix together 750g (1lb 10oz) dried vine fruit of your choice (eg raisins, sultanas) with 75g (3oz) mixed peel, 250g (9oz) Bramley apples (peeled and finely chopped), 125g (4½oz) softened butter, the grated zest of an orange, a large pinch each of mixed spice, nutmeg, ground cinnamon and allspice. Dissolve 250g (9oz) light brown soft sugar in 250ml (9fl oz) brandy and add to the mix. Cover and leave overnight, then spoon into around 5 x 250g (9oz) sterilised Kilner jars. Tie a bell decoration and a small fork to each jar with ribbon. They will keep for 4 weeks in a cool, dark place.

# Easy chutney

Chutneys and piccalillis were forgotten for all too long but now they are featuring on top restaurant menus. Delicious with cold cuts and cheese, they make a wonderful gift.

Check out our fab piccalilli and cranberry chutney recipes at womanandhome.com. Just remember to sterilise the jars correctly by washing them thoroughly and then placing in a hot oven (no more than 180 C, 160 C fan, 350 F, gas 4).

Pot the chutney or piccalilli when hot into hot jars, then seal. Keep in a cool, dark place. Piccalilli will keep for up to 2 months. Remember, any pickle needs to be refrigerated after opening.



# **ON SALE 15 OCTOBER**

Everything you need for a perfect celebration

Home-baked goodies are a thoughtful and delectable present. These bite-sized treats are easy to make and, with beautiful presentation, will look as good as anything shop bought – but will have a really personal feel







#### Sweet stars

These peachy star tree decorations are made using an orange biscuit recipe (find ours at womanandhome. com), which is topped with fondant icing that has been coloured. (Remember to make your ribbon hole before baking.) Once the icing has set, the biscuit edges are gently brushed with water and carefully sprinkled with edible glitter (available from Squires, Lakeland and Cake Craft World). Line the box with tissue paper and add a decorative gift tag.

#### Marvellous macaroons

You'll find a macaroon recipe on womanandhome.com. They require a little practise to start with but, if you prefer, you can now buy them from leading supermarkets. These chocolate ones have been arranged in a plain white box that has been covered with wrapping paper, then lined with tissue paper – the obligatory ribbon is there too.

# Mini mince pies

Less daunting than a large one, follow our mince pie recipe on page 105. These see-through cellophane boxes come from Squires (see below) and we've simply layered them up with gold card. Mince pies freeze brilliantly, either raw or cooked, and last for up to 1 month. For cooked ones, thaw and reheat for around 10 minutes in a hot oven (around 200 C, 180 C fan, 400 F, gas 6). If raw, cook from frozen at 180 C, 160 C fan, 350 F, gas 4 for 25 to 30 minutes or until browned and heated through.

STOCKISTS + Splurge on gorgeous ribbons for your gifts from vvrouleaux.com + Squires-shop.com or cakecraftworld.co.uk has all your baking and decorating needs covered, from festive cutters to coloured icing and flowers, vermicelli, edible glitter, and more. + Kilner jars and cellophane bags available from lakeland.co.uk + Get gift boxes and tissue paper from paperchase.co.uk

# Everyday lighter

At a time when we all tend towards rich, comforting meals, it's great to enjoy the lighter side of life every once in a while. Still packed with flavour and brimming with the feel good factor we all love, these recipes offer a fantastic alternative to the usual Christmas fare. From schnitzel and soup to risotto, there's something for everyone!



(Rich in potassium, iron and those all-important antioxidants, beetroot is a powerful superfood)



#### Beetroot, savoy cabbage and caraway soup

Healthy vegetables and little fat make for a deliciously simple meal.

PREPARATION TIME: 5 MINUTES **COOKING TIME: 25 MINUTES SERVES 3** 



EASY / PREPARE AHEAD / FREEZE

1 garlic clove, finely chopped 1 stick celery, thinly sliced 2tbsp olive oil 1 large potato, peeled and diced into 2cm (¾in) cubes 2 large leaves savoy cabbage, stalks removed and cut into 3cm (11/in) squares 850ml (1½pt) vegetable stock 1tsp caraway seeds 200g (7oz) beetroot, peeled and grated 1tbsp half-fat crème fraîche few batons snipped chives 35g (11/oz) mock caviar and Melba toast, to serve (optional)

- 1 Sweat the garlic and celery in the oil over a low heat for a couple of minutes. Add the potato and cabbage and stir well, then pour in the stock.
- 2 Put the caraway seeds in a small piece of muslin and secure with a piece of string. Drop this into the soup and leave it to simmer on a steady heat.
- 3 After 10 minutes, add the beetroot and simmer for another 10 minutes. Wait until the beets and spuds are properly cooked but not falling apart, season, then leave to sit for a minute or 2 (turn the heat off).
- 4 Serve with a dollop of crème fraîche and the chive batons. Make it special by serving with the mock caviar and Melba toast. Per serving: 220 calories, 11g fat (2g saturated), 22g carbohydrate

FEEL

GOOD

# SOUP KNOW-HOW

This is a great way to serve a wide variety of vegetables, as soup retains most of the nutrients of its ingredients. Make a big batch and freeze it in single servings for use within 3 months. To serve, thaw overnight in the fridge.

#### Spaghetti with olives and crispy capers

This super-quick dish is rich and satisfying, without being too calorific.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 15 MINUTES SERVES 2** 



**EASY** 

250g (9oz) spaghetti 2tbsp extra virgin olive oil, plus a little extra 2tbsp salted capers, well rinsed and dried 400g can chopped tomatoes good pinch sugar 4tbsp pitted black olives in oil Parmesan, to serve

- 1 Bring a large pan of salted water to the boil and cook the spaghetti according to the pack instructions. Heat the oil in a sauté pan, add the capers and quickly cook until crispy, then remove with a slotted spoon. Set aside.
- 2 Add the tomatoes to the same pan (you can leave in the oil for more flavour), along with the sugar and some seasoning. Let them simmer then, just before the pasta is ready, throw in the olives.
- 3 Drain the pasta, return it to the pan, add the sauce, mix, then divide between 2 bowls. Scatter over the capers, add an extra drizzle of olive oil if you like, and grate over some Parmesan. Serve immediately. Per serving: 644 calories, 22g fat (3.5g saturated), 107g carbohydrate

Add a pinch of chilli flakes or some anchovies, but rinse well or soak in milk because (like the capers) the saltiness may be overpowering if used straight from the tin. Add the chilli or anchovies before cooking the tomatoes.



#### Lemon-crusted pork schnitzel with sweet potatoes and broccoli

Baking the pork in the oven, rather than frying it in butter, saves on fat and calories.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 50 MINUTES SERVES 4** 



**EASY** 

2 sweet potatoes, peeled and cut into wedges 2tbsp olive oil, plus a little extra 2 sprigs each fresh thyme and rosemary 500g (1lb 2oz) pork tenderloin 35g (11/4oz) seasoned plain flour 1 free-range egg, beaten 125g (41/20z) breadcrumbs (we used Lemon & Pepper ones from Waitrose) 400g (14oz) broccoli florets, to serve 1 lemon, cut into quarters, to serve

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Toss the sweet potatoes with the olive oil. Add the herbs, season well, put into a roasting tin and bake for 50 minutes. 2 Cut the pork into 4 medallions, put between 2 layers of clingfilm, and bash with a rolling pin until they are around 1cm (1/2in) thick. Put the flour, egg and crumbs on to separate plates, then dip each piece of pork first into the flour, then the egg, followed by the crumbs. Place on a baking sheet, drizzle with a little oil and bake for 15 minutes or until browned and crispy. Serve with sweet potato wedges, steamed broccoli and the lemon quarters. Per serving: 511 calories, 16g fat (4g saturated), 55g carbohydrate





#### Freezer greens risotto

Arborio rice is a great source of energy and the best choice for a good risotto.

PREPARATION TIME: 10 MINUTES **COOKING TIME: 25 MINUTES SERVES 2** 



1tbsp butter 1tsp olive oil 4 shallots, very finely chopped 150g (5oz) risotto rice (we used arborio) 130ml (41/2fl oz) dry white wine around 700ml (11/4pt) vegetable or chicken stock, kept simmering 250g (9oz) mixed frozen green vegetables (we used flageolet beans, peas and double-podded broad beans) 50g (2oz) Parmesan cheese, grated

- 1 Heat the butter and oil in a wide pan and add the shallots. Soften for about 5 minutes over a medium heat, then add the rice. Coat well in the butter and fry for a further minute. Turn up the heat, add the white wine and let it bubble off until it has almost disappeared.
- 2 Add the hot stock, a ladleful at a time, stirring constantly, and waiting until each ladle has been absorbed before adding another. Depending on the rice you use, you may need to add slightly more stock.
- 3 When all the stock has been incorporated and the rice is cooked through, add the frozen green vegetables and half the Parmesan, and continue to stir for a couple more minutes. Serve immediately with the rest of the Parmesan sprinkled over. Per serving: 655 calories, 20g fat (10g saturated), 76g carbohydrate

#### RICE KNOW-HOW

As with any grain, the less refined rice is, the more vitamins and minerals it contains. A good source of slow-release energy, rice helps to control blood sugar levels in people with diabetes and is suitable for coeliacs, as it's gluten-free. Rice bran may help reduce the risk of bowel cancer.

#### Beans and meatballs

With plenty of protein and fibre, this dish will keep you fuller for longer.

PREPARATION TIME: 15 MINUTES **COOKING TIME: 20 MINUTES SERVES 4** 



EASY/ PREPARE AHEAD / FREEZE

400g (14oz) pork mince 400g (14oz) beef mince 3 garlic cloves, crushed small bunch parsley, chopped 4tbsp breadcrumbs 1-2 free-range eggs, beaten olive oil, for frying 2 x 355g jars Gigantes beans (from Sainsbury's Foods of the World) large handful flat-leaf parsley, chopped

- 1 First make the meatballs. Mix the mince with the garlic, parsley and breadcrumbs, season and add 1 egg. Bring the mince together with your hands. If it isn't quite wet enough, add more egg. Shape into golf ball-sized meatballs.
- 2 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Brown the meatballs on all sides in a frying pan, then transfer to a baking sheet and cook in the oven for 10 to 15 minutes. Tip the beans into a saucepan, add a splash of water and heat until bubbling. (Gigantes beans are like large butter beans and they come ready-cooked in tomato sauce. Otherwise, use 2 cans of butter beans with 1 can of chopped tomatoes.)
- 3 When the meatballs are done, mix with the beans and divide between 4 plates. Serve sprinkled with fresh parsley. Per serving: 653 calories, 36g fat (12g saturated), 33g carbohydrate

If you like vour sauce a bit runnier, add more wine but bubble off the alcohol

#### Pork tenderloin with sticky prune sauce

Soya milk in the mash adds extra protein, while the prunes boost vitamin B levels.

PREPARATION TIME: 20 MINUTES **COOKING TIME: 25 MINUTES SERVES 6** 



M PREPARE AHEAD

#### for the pork:

1tbsp olive oil 1 large outdoor-reared pork tenderloin fillet (or 2 small fillets)

#### for the mash:

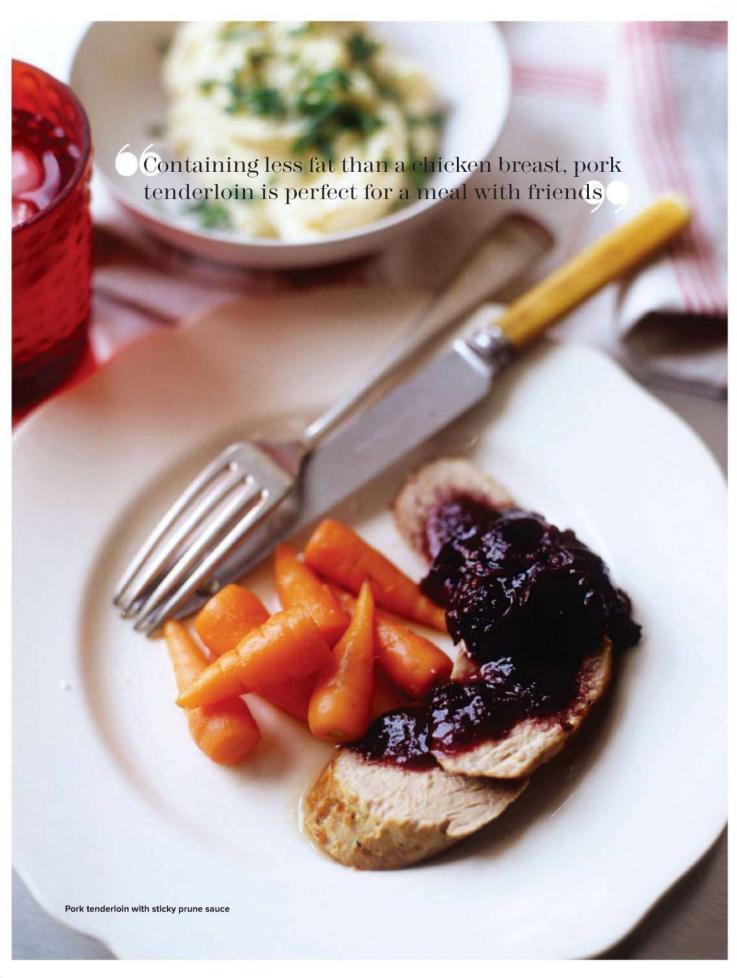
1kg (2lb 4oz) Vivaldi potatoes, peeled and halved 200ml (7fl oz) soya milk (or use semi-skimmed cows' milk) 3tbsp Dijon mustard

#### for the sauce:

200g (7oz) pitted prunes, chopped 250ml (9fl oz) red wine

- 1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Heat the oil in an ovenproof pan, then season the pork and brown on all sides. Finish in the oven for 20 minutes or until cooked through. Let the pork rest for 10 minutes, covered in foil.
- 2 Meanwhile, place the potatoes in a pan of cold water, bring to the boil and simmer for 15 to 20 minutes or until very tender. Drain, mash until smooth, then season and beat in the soya milk and mustard.
- 3 Place the prunes in a saucepan with the wine and simmer for 15 minutes. Serve warm with the pork, mash and some Chantenay carrots.

Per serving: 354 calories, 7g fat (2g saturated), 42g carbohydrate



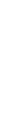
Beans are packed with protein and fibre, and can help to lower blood cholesterol levels





Cook's tip
Browning
the meatballs
before cooking
adds delicious
caramel
flavours







BILL GRANGER IS A "FAMILY COOK", WHOSE TRULY HOMEMADE RECIPES ARE DELICIOUS. EASY AND AS HEALTHY AS CAN BE. THIS SUPER-QUICK DISH IS PACKED WITH VITAMINS, MINERALS AND FIBRE, THANKS TO THE STEAMED VEG. WITH AN ADDED BURST OF VITAMIN C FROM THE CHILLIES, WHICH CONTAIN MORE OF THIS VITAL IMMUNE-BOOSTER, GRAM FOR GRAM, THAN CITRUS FRUIT! WHITE FISH IS A VALUABLE LOW-FAT SOURCE OF PROTEIN.

The best fish often doesn't need anything more than a flash in the pan, but I sometimes rev it up with Asian flavours for a bit more bite

## BILL GRANGER'S

#### Steamed fish with chilli dressing

Here is a meal for those days when you've not been eating as healthily as you'd like, or you're just too tired to cook "properly" but want something simple and clean tasting. The pure flavours of the fish and greens with this lovely peppy chilli dressing are perfect.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES
SERVES 4



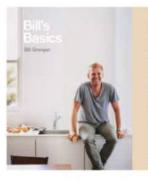
1 pak choy, leaves separated 100g (4oz) green beans, topped 100g (4oz) sugarsnap peas 4 200g (7oz) firm white fish fillets

for the chilli dressing:

60ml (2½fl oz) soy sauce
1tsp balsamic vinegar
3tsp caster sugar
1tsp sesame oil
1 long red chilli, finely chopped
3 spring onions, sliced on the diagonal

1tbsp lime juice 1tbsp light-flavoured oil, such as sunflower

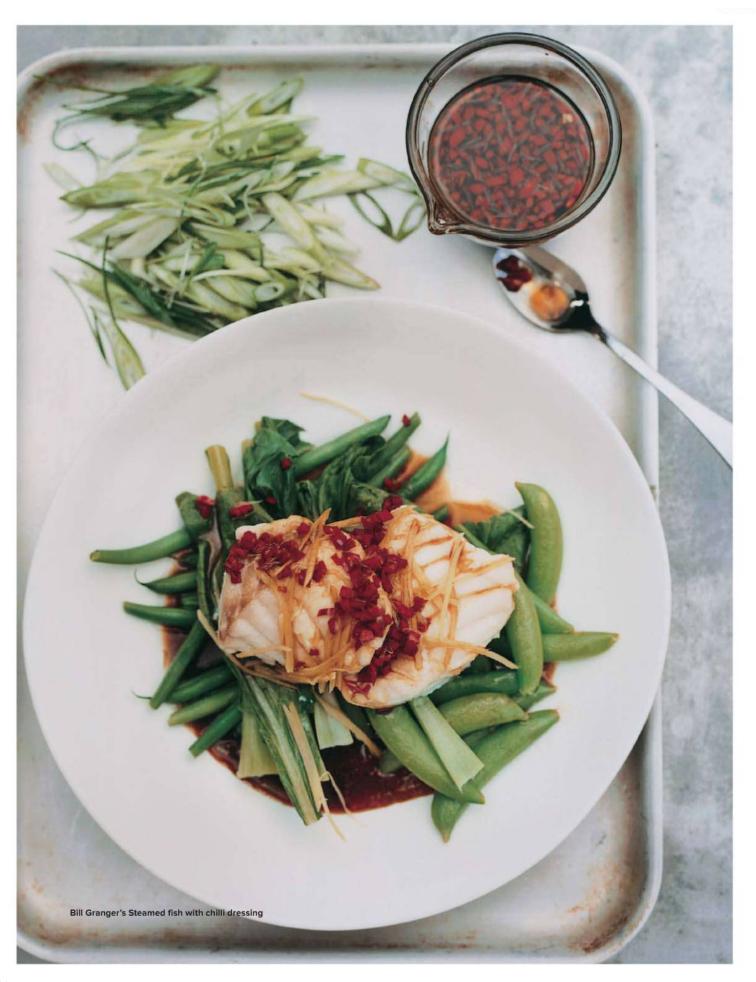
- 1 If you have a steamer, arrange the vegetables on a plate with the fish fillets on top and then put in your steamer (you may have to do this in two batches). Steam for 5 to 10 minutes (depending on the thickness of your fish) until the fish is just opaque and the vegetables are bright green.
- **2** If you don't have a steamer, heat your oven to 180 C, 160 C fan, 350 F, gas 4 and arrange the vegetables on a double piece of foil with the fish on top. Wrap the foil into a parcel and bake in the oven for 5 to 10 minutes (depending on the thickness of your fish) until the fish is just opaque and the vegetables are bright green.
- **3** Whisk together all the dressing ingredients. Serve the fish and vegetables immediately with the chilli dressing.



BILL GRANGER'S BILL'S BASICS (QUADRILLE, £25)
Australian cook and restaurateur Bill has worked his magic on over 100 of his favourite classic dishes,

bringing them effortlessly into the 21st century. He

has simplified techniques, minimised fussy ingredient lists and given these core dishes a modern twist that's in tune with our busy lives and passion for fresh and healthy flavours. This is a one-stop manual of favourite dishes for every occasion, from lazy breakfasts to late-night suppers or lunch for a crowd.



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Find all the seasonal recipes and tips you need on our Christmas channel

FAST RECIPES



# + FESTIVE inspiration

+ BIG DAY CLASSICS

Find more new ideas for your turkey and trimmings, veggie alternatives, delicious puddings

+ EASY ENTERTAINING

Drinks and nibbles, buffets and more!

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the ideas that are

right for you

SHOP & SAVE



# + GIFTS at fab prices

From classy glasses and stylish cookware to top-quality electricals and kitchen gadgets with great money-saving deals, go to womanandhome.com/shop

**W&H DIET CLUB** 

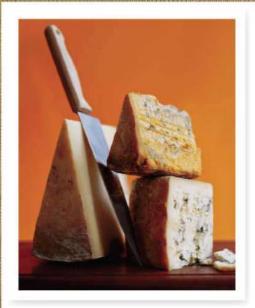
# Fit into that sexy LBD...

...Or lose the pounds after Christmas!

Join now at womanandhomediet.com

- You create an online diary we work out how many calories you need each day to lose weight and keep track for you!
- Check the calories and fat content of more than 40,000 ready meals!





# Meat, fish & poultry

#### + DONALD RUSSELL

Top-notch beef and venison, welfarekind fish and seafood.

01467-629666; donaldrussell.com

#### 4- FISH FOR THOUGHT

Fresh fish from Cornwall, as well as frozen and smoked fish. Delivers within 24 hours. 01637-806103; martins-seafresh.co.uk

#### + THE FISH SOCIETY

All freshly frozen, top-quality fish and seafood with a huge selection to choose from, including smoked fish. 01428-687768; thefishsociety.co.uk

#### + FORMAN & FIELD

Excellent smoked salmon and other fish, plus all sorts of food goodies, from pies to liqueurs, cheese to patisserie. (020) 8525 2352; formanandfield.com

#### + GRAIG FARM ORGANICS

Graig Farm has won awards for its organic meat and poultry. It offers a huge choice of groceries, baby foods and ready meals. Virtually the whole range is organic. graigfarm.co.uk

#### + LANE FARM COUNTRY FOODS

For fabulous, Freedom Food-standard pork, gammon, ham, bacon, sausages and salami. Owners Sue and lan are happy to help with any cooking queries. lanefarm.co.uk

#### + THE REAL MEAT COMPANY

Animals are reared to the highest standard, and it shows in the eating

# Our favourite food suppliers

Sourcing good-quality food has never been easier, thanks to the Internet, and most of these suppliers are also just a phone call away. Great for Christmas – you'll save on petrol and find wonderful gifts too

quality, from beef to chicken and ham. 01985-840562; realmeat.co.uk

#### + THE WELL HUNG MEAT COMPANY

Based in south Devon, this awardwinning operation offers top-notch organic lamb, beef, pork and poultry. 0845-2303131; wellhungmeat.com

#### + WING OF ST MAWES

Offers a seasonal selection of fabulous fish from sustainable sources, with great recipes to make the most of your haul. **01726-861666**;

thecornishfishmonger.co.uk

# Foods of the world

#### + BART SPICES

For a wide range of herbs, spices, seasonings and sauces, plus many Fairtrade and organic products.

01179-773474; bartspices.com

#### + GOODNESSDIRECT

This website has a fantastic range of gluten-, wheat- and dairy-free goods, as well as Fairtrade products, Japanese ingredients and so much more.

0871-8716611; goodnessdirect.co.uk

#### + MOUNT FUJI

From tempura to wasabi and rice crackers – all manner of delicious Japanese ingredients and information. mountfuji.co.uk

#### + ORIGIN COFFEE

Small company in Cornwall, which prides itself on both its ethics and

sustainability. Their coffee is fantastic, beautifully packaged and they also sell coffee-related gifts online.

01326-340320; origincoffee.co.uk

#### + SEASONED PIONEERS

A vast selection of spices and gourmet cooking sauces from around the world, along with usage ideas. **0800-0682348**; seasonedpioneers.co.uk

## Cheese

#### + THE FINE CHEESE CO

A great selection of British cheese and extras, including Devon clotted cream, pickles, crackers and mouthwatering chocolate truffles too.

01225-448748; finecheese.co.uk

#### + NEAL'S YARD DAIRY

A British regional cheese specialist. Choose from Stinking Bishop and Gabriel, as well as Cheddar, Wensleydale and many more. (020) 7500 7575; nealsyarddairy.co.uk

#### + PAXTON & WHITFIELD

For British and Continental cheeses, plus wines and fantastic gifts. **01451-823460**;

paxtonandwhitfield.co.uk

#### + THE TEDDINGTON CHEESE

A huge selection of both British and Continental cheeses, with great hampers and fabulous cheese wedding cakes.

(020) 8977 6868; teddingtoncheese.co.uk







# Going for gold

This is a colour that will never go out of fashion at Christmas. It sets a lovely mood and creates a glow, so why not go the whole way with your place settings this year? Gold cutlery, charger plates and wine glasses will look the business!

Odette gold cutlery, £120 for a 24-piece set, Pied a Terre at House of Fraser. Ribbon, from a selection at Jane Means.

Napkin, £15, Volga Linen. White china, from £12 for a side plate, Denby. Gold under-plate, £2, Tesco. Hurricane lamp, £27, Scarlett Willow. Name card holder, £18 for 6, The White Company. Champagne flutes, £3.50 each, Matalan

## It's in the detail

Create a table that will wow your guests with simple yet elegant touches. A gold swirl on a wine glass teamed with your best china will look great when placed next to a rope napkin ring and a bauble on each place setting.

Gold Odette china, from £6.50 for a side plate; napkins, £4.50 each; gold swirl flutes, £8 each, all Pied a Terre at House of Fraser. Napkin rings, £9 for 4, Walton & Co. Arthur Price cutlery, £44.99 for a 16-piece set, womanandhome.com/shop. Gold swirl glasses, £35 for 2, LSA International. Decorated bauble, £5, House of Fraser. All other baubles, from a selection at Homebase and Tesco

LEFT: Lyon table, £2,099, and chairs, from £279 each, Willis & Gambier. Gold Odette china, from £6.50 for a side plate; napkins, £4.50 each; gold swirl flutes, £8 each; all Pied a Terre at House of Fraser. Arthur Price cutlery, £44.99 for a 16-piece set, womanandhome.com/shop. Gold swirl glasses, £35 for 2, LSA International. Runners, £14.99 each; napkin rings, £9 for 2, both Walton & Co. Hurricane lamps, £27, Scarlett Willow. Baubles, from a selection at Homebase and Tesco. Tall candle sticks, £35, The White Company. Pillar candles, £5.50 each, Shearer Candles. Garland, £20; gold tree, £55, all House of Fraser. Tree decorations, from a selection at Tesco

Battery-powered LED fairy lights are really versatile for Christmas dining rooms. You can run them along the length of table, place them on a mantlepiece or fill a vase with them – all with no wires to trip over





# The art of giving

Give your table an air of sophistication with a napkin ring made from a pearl necklace or bracelet. You can buy inexpensive sets at Freedom at Topshop, ensuring your table will look as stylish as you do.

Pearl beads, £9.99, Freedom at Topshop. Napkin, £15 for 4; runner, £22.99, both Walton & Co. White china, from £12.99 for a side plate, Denby. Silver plate, £4, Matalan. Sophie Conran cutlery, £95 for a 24-piece set, womanandhome.com/shop. White swirl tea light, £1 for 3, Poundland. Silver tea-light holder, £12, The White Company. Glasses, £6 each, Marks & Spencer. Snowflake decoration, £10, Paperchase

## Mix and match

When you have the whole family coming over, but don't have enough matching china, mix up what you've got. As long as you stick to a similar colour scheme and alternate the patterns at each setting, no one will notice. Add charger plates, candles and a few baubles to the table and you're good to go.

Silver bowls, £3 each, Matalan. Swirl plates, from £7.50 for a side plate, M&S. Green charger, £5; star tea-light holder, £15 for 3, both Bhs. Silver hammered tray, £35, House of Fraser. Napkin rings (in bowl), from £7.99 for 2, all Walton & Co. Silver napkin rings (on the side plate), £20 for 4, The White Company. Teaspoons, £24.50 for 4, Bombay Duck. Sophie Conran cutlery, £95 for a 24-piece set; Royal Worcester coffee cups, £49.99 for a 20-piece set, both womanandhome.com/shop. Hurricane lamp, £11.99, Ikea









### The essential centre

No Christmas table setting is complete without a striking centrepiece. This one looks dramatic, but is quick and easy to make. The inexpensive cake stand is just £12 from Matalan and, as each plate dips just enough to hold water, it will keep the roses alive throughout the day. Add your choice of baubles and beaded garlands, and position your creation centre stage.

Baubles, from a selection at Debenhams. Bead garland, £4.99, Paperchase. Beaded placemat, £22 for 2, The White Company. Tea-light holders, £5 for 3, Talking Tables. Glasses, £6 each, Marks & Spencer. Linen tablecloth, from £65, Volga Linen

### Finishing touches

Ensure you have crisp white napkins for your Christmas lunch. If you fancy some new ones, House of Fraser and John Lewis have a great selection of good-quality linens in a variety of styles. Alternatively, visit ninacampbell.co.uk for these elegantly embroidered ones. They come in silver and gold with a choice of dragonfly or butterfly emblems to suit any setting.

Lace curtain drop (used as tablecloth), £100, Laura Ashley.

Ching from £8 for a how! Debenbarns, Napkin, £6 96.

China, from £8 for a bowl, Debenhams. Napkin, £6.96, Nina Campbell. Cutlery, £29.99 for a 24-piece set, Ikea. Wine glasses, £6 each, M&S. Champagne flutes, £14 for 4, Tesco. Tumblers, £18 for 2, Denby. Frosted tea-light holders (used as vases), £4 for 3, Tesco. Battery-powered fairy lights, £20; white baubles, £4 each, both The White Company. All other decorations, from a selection at Tesco

When it comes to table details, mini baubles are a must. They fit onto ribbons for tying around napkins, can be placed in hurricane lamps for a seasonal touch or simply scattered here and there along the table

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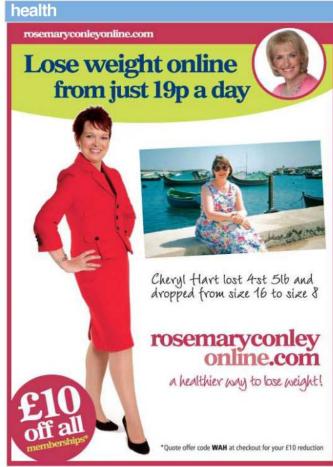
















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## The recipe list

### MEAT AND POULTRY

- 12 Nigella Lawson's Ed's victorious turkey hash
- 20 Boozy port gravy
- 20 Sautéed Brussels sprouts with Parma ham
- 21 Sausage, red onion and apricot stuffing balls
- 22 The perfect turkey
- 24 Glazed gammon roast
- 24 Roast beef with a mustard and thyme crust
- 26 James Martin's Sliced duck breast with winter stir-fry
- 42 Smoky bacon and lentil soup
- 45 Chicken with anchovies and olives
- 45 Chicken and coriander curry
- 48 Middle Eastern lamb
- 48 Venison casserole with herb dumplings
- 48 Chilli with avocado salsa
- 54 Rick Stein's Beef kofta curry
- 94 Crispy roast goose
- 96 Jamie Oliver's Pork terrine
- 131 Lemon-crusted pork schnitzel with sweet potatoes and broccoli
- 134 Beans and meatballs
- 134 Pork tenderloin with sticky prune sauce

### FISH AND SHELLFISH

- 16 Christmas crackers
- 16 Smoked salmon with horseradish and chicory
- 16 Lobster and crab salad
- 42 Proper fish pie
- 87 Smoked salmon kedgeree
- 88 Salmon en croute
- 94 Crab and grapefruit salad
- 138 Bill Granger's Steamed fish with chilli dressing

### MEAT-FREE

- 16 Creamy cauliflower soup
- 20 Easy bread sauce
- 20 Port-braised red cabbage
- 20 Balsamic-glazed carrots
- 20 Honey, lemon and thyme roasted parsnips
- 21 Crispy rosemary potatoes

- 21 Squash, goats' cheese and cannellini bean stuffing
- 24 Cranberry chutney
- 30 Roasted cherry tomato and pepper bruschetta
- 30 Tarte tatin of root veg with pine nuts
- 30 Individual mushroom and Taleggio tarts
- 34 Roasted squash with goats' cheese
- 34 Nut roast with chestnuts
- 36 Parsnip rösti kievs
- 38 Annie Bell's Baked squash with wild mushrooms, apple and chestnuts
- 84 Parsnip and mustard gratin
- 84 Jewelled salad
- 84 Stilton tart
- 88 Spinach, ricotta and tomato tart
- 90 Manchego and quince
- 91 Tapenade
- 91 Artichoke paste
- 92 Mini Brie and cranberry croque monsier
- 92 Cannellini bean and rosemary dip with herby pitta crisps
- 120 All tied up oatcakes
- 125 Easy chutney
- 131 Beetroot, savoy cabbage and caraway soup
- 131 Spaghetti with olives and crispy capers
- 134 Freezer greens risotto

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- 50 Homemade vanilla ice cream
- 58 Chocolate torte with rum
- 58 Rich coffee, chocolate and mascarpone torte
- 58 Chocolate and orange brioche pudding
- **62** Mulled wine pears and cinnamon
- 62 Citrus and fig fruit salad
- 62 Chestnut cheesecake
- 66 Cranberry and apple jelly
- 66 Pomegranate and rose water pavlova



Get the festivities going with a gorgeous glass of fizz

- 68 Sticky plum pudding
- 73 Chocolate truffle cake
- 73 Pear, almond and cardamom tart
- 74 Forest fruit crunch
- 76 Nigel Slater's Apfelstrudel
- 102 Vanilla cakes with Frangelico frosting
- 102 Festive fondant-iced chocolate cakes
- 105 Chocolate bundt cake with glacé icing
- 105 Mini mince pies
- 105 Classic mincemeat
- 108 Double chocolate and raspberry roulade
- 108 Sticky toffee cake
- 110 Rich fruit cake
- 114 Rachel Allen's Upside-down cranberry cake
- 121 Chocolate Florentines
- 121 Nutty brownies
- 125 Homemade mincemeat

### DRINKS

- 90 Mulled wine
- 90 Rum punch
- 90 Irish coffee
- 90 Spiced fruit punch
- 94 Christmas Day bubbly
- 94 Sloe fizz

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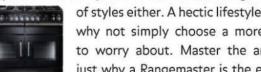
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